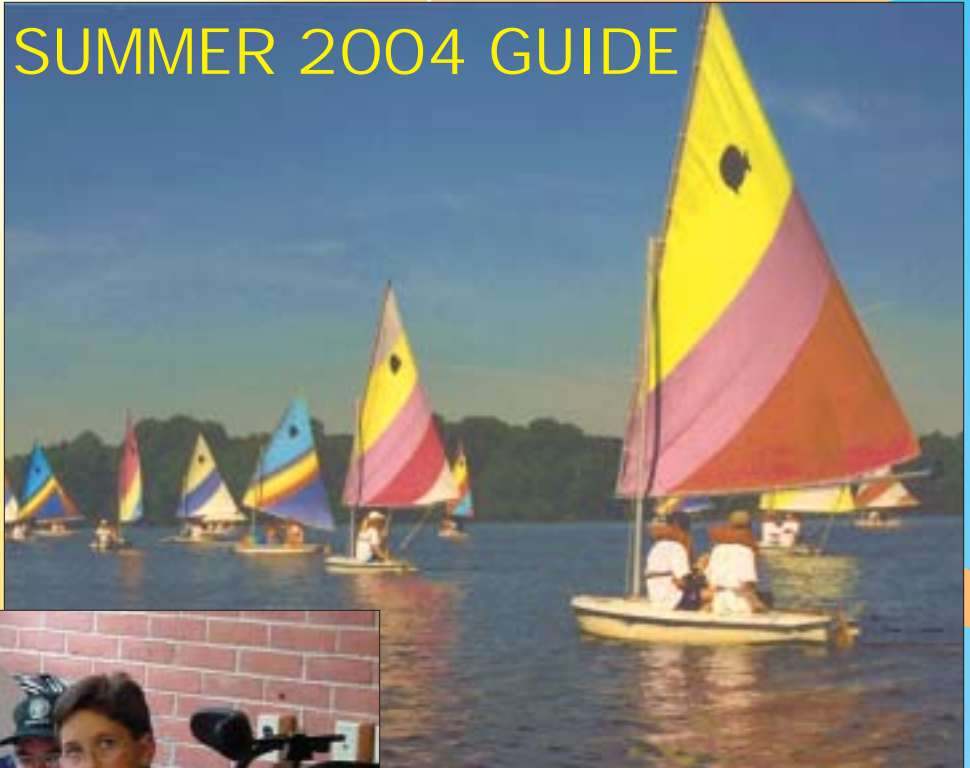


Montgomery County **RECREATION** DEPARTMENT

SUMMER 2004 GUIDE



Web site: <http://montgomerycountymd.gov/rec>

From the County Executive



OFFICE OF THE COUNTY EXECUTIVE ROCKVILLE, MARYLAND

Douglas M. Duncan
County Executive

Summer 2004



Dear Montgomery County Resident:

Summer brings long, lazy days by the pool and weekends spent with family and friends enjoying our many recreational parks and facilities. Take a look inside at what's offered in our Summer 2004 Recreation Guide.

With more than 685 classes and programs being offered, I'm sure there's something in here that will pique your interest. Our Recreation Department offers swimming, golf and tennis lessons. Relax and take a swim at one of our seven outdoor pools, including our new outdoor pool at the Martin Luther King, Jr. Swim Complex.

For all you indoor enthusiasts, summer is a perfect time to learn the basics of a new cuisine or to sign up for a class in calligraphy or oil painting. There are also a myriad of fitness classes tailored for every level and interest. And, don't forget to check out the interesting ongoing programs planned for our senior citizens.

Have a happy, healthy and relaxing summer, and sign up now for one of the classes or programs being offered through our Recreation Department.

Sincerely,

Douglas M. Duncan
County Executive



www.montgomerycountymd.gov

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Montgomery County Recreation Department
recycles paper, bottles, and cans in our programs.

Cancellation Policy

The Montgomery County Department of Recreation (MCRD) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP am 1500 and WMAL am 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

Se Habla Espanol

Si está interesado en obtener más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugerencias de otros tipos de programas, por favor llamen al 240-777-6839.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as a mainstreaming companion, ASL or cued speech interpreter, or large print) in order to participate, please call a mainstream facilitator (301-468-4540) to discuss your needs.

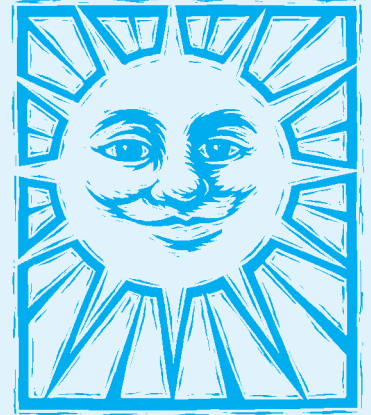
The public service mission of the Montgomery County Department of Recreation is to emphasize **Team Work, Objectivity, Growth, Imagination, Value, and Excellence** in everything we do in providing diverse recreation and leisure services for all of our communities.

The acronym **TO GIVE** represents our commitment to achieving this mission.

Summer Sounds in the Parks

Music and entertainment for the whole family, including military bands, children's performances, and a variety of other styles of music.

- June 22 *Cabin John Regional Park*: The Commodores, Navy Band Jazz and Big Band
- June 23 *Wheaton Regional Park*: The President's Men Barber Shop Quartet
- June 29 *Cabin John Regional Park*: Flumpa® and Friends LIVE! For children
- July 11 *Whalen Park (Poolesville)*: Bob Perilla's Big Hillbilly Bluegrass Folk music
- July 13 *Cabin John Regional Park*: Battersby Duo For children
- July 14 *Wheaton Regional Park*: Cletus Kennelly and Lori Kelley Soft Rock
- July 20 *Cabin John Regional Park*: David Bach Consort Contemporary Jazz
- July 25 *Whalen Park (Poolesville)*: After Hours Band Rock music
- July 28 *Wheaton Regional Park*: The Sea Chanters 20-voice chorus
- August 8 *Whalen Park (Poolesville)*: Oh Susannah! For children
- August 10 *Cabin John Regional Park*: Ray Owens For children
- August 15 *Whalen Park (Poolesville)*: Half Shell Band Rock music
- August 17 *Cabin John Regional Park*: The Back Pages Band Classic Rock
- August 18 *Wheaton Regional Park*: Blaskapelle "Alte Kameraden" Austrian and Bavarian village band



FREE CONCERTS

All concerts start at 7:00pm. In case of inclement weather, concert will be cancelled.

Call 240-777-6821 for information or see montgomerycountymd.gov/rec

Summer Sounds in the Round

Montgomery County
Department of Recreation Theatre
4010 Randolph Road
Silver Spring, MD 20902

Entertainment for the whole family, including military bands and a variety of other music.

- May 7, 7:00-8:30pm The Back Pages Band featuring songs from rock's "Golden Decade," 1963-1973
- June 18, 7:00-8:30pm David Bach Consort A spirited eclectic group with a unique style
- June 19, 7:00-8:30pm The Sea Chanters 20-voice chorus of The United States Navy Band



Space is limited. For more information, call 240-777-6821 or visit our website at <http://montgomerycountymd.gov/rec>

What's New!

Check out what's new for Summer...

In Classes

All About Herbs: ages 13 & up

See page 18 for more information

Art of Cartooning: ages 8-14

See page 18 for more information

Beginning Calligraphy 2: ages 16 & up

See page 18 for more information

Club Holiday Endless Summer & Extended Day: ages 3-12

See page 30 for more information

Mini Music Makers: ages 3-5

See page 30 for more information

Mosaic Fun: ages 13 & up

See page 19 for more information

Paint Outdoors: ages 16 & up

See page 18 for more information

Speed School for the HS Athlete

See page 32 for more information

Heart Smart Trail Walk

FREE 1.5 mile 'Family Fun' walk at Brookside Gardens in Wheaton. Strollers are welcome.

Registration 8:00am-9:00am

Opening ceremony with fitness warm-up 9:00am-10:00am

Heart Smart Trail Walk 10:00am-12:00pm

Health Fair following walk: free screenings (blood pressure, cholesterol, oral cancer, body fat percentage)

Entertainment (disc jockey, face painting, coloring booth, and awards/prizes (T-shirts, pedometers, gym towels) and much more. Call 240-777-6820 for information.

In Therapeutic Recreation

Celebrate National Therapeutic Recreation Week

July 11-17, 2004; see Therapeutic Recreation brochure for events.

Therapeutic Recreation "Carnival Dance"

Friday, June 11, 7:00-10:00pm. Teens and adults ages 15 and up with disabilities. \$5.00 club members, \$7.00 non-members. Margaret Schweinhaut Senior Center, call 301-468-4540 for more information.

15th Anniversary Children's Day VIP Program at the Fair:

August 16, 2004. For children with severe disabilities or life-threatening illness; Co-sponsored with the Montgomery County Agricultural Fair and the City of Gaithersburg, call 301-468-4540 for more information.

In Centers

UCCC Family Movie Night Brother Bear

Friday May 21, 2004, 7:30pm, doors open at 7:00pm Upper County Community Center, 8201 Emory Grove Road, Gaithersburg. Free admission for all ages. Concessions will be sold. Call Thelma Nolan at 301-840-2469, for more information.

Pig Tales Blue Sky Puppet Theatre

Tuesday, June 8, 2004, 10:30am, Bauer Drive Community Center, 14625 Bauer Drive, Rockville. Free, Registration required. For more information or to register, call 301-468-4015



MONTGOMERY COUNTY

Charles W. Gilchrist

Center for Cultural Diversity

Providing Information and Referral Services, Adult Learning opportunities in Computer Applications, ESOL, Small Business Seminars, and other Outreach and Community Activities including Cultural Programs.

Visit us at: 11319 Elkin Street, Wheaton, Maryland 20902 or on the web at montgomerycountymd.gov/rec (select *Gilchrist Diversity Center* under *Programs* menu). Phone: 240-777-4940, Fax: 240-777-4941.

GET INVOLVED! Many volunteer opportunities include: Computer Applications, ESOL, Other Language Instruction, Data Entry, Information and Referral Services. Visit our website for more information.

NOW OPEN! Visit us at our satellite location located at the Upcounty Regional Services Center, 12900 Middlebrook Road, Suite 1000, Germantown, MD 20874. Call 240-777-4940 for more information.

55 AND FORWARD THINKING

Enrich Your Summer at Your Local Center and Neighborhood Programs



Welcome to **Age 55+ Programs** where you can find an exciting menu of special events, trips, classes and opportunities for growth and life enhancement. Let doors open to a variety of experiences. Each center and program is unique.

Senior Centers

Damascus Senior Center * + (M-F, 9:00am-4:00pm)
9701 Main Street, Damascus
301-253-1801

Gaithersburg Upcounty Senior Center * + (M-F, 9:30am-4:00pm, Tu, 9:00am-8:00pm)
80A Bureau Drive, Gaithersburg
301-258-6380

Sponsored by the City of Gaithersburg with support from Montgomery County.

Holiday Park Senior Center * + (M-F, 9:00am-4:00pm)
3950 Ferrara Drive, Wheaton
301-468-4448

Long Branch Senior Center * + (M-F, 10:00am-2:00pm)
Long Branch Community Center
8700 Piney Branch Road, Silver Spring
301-431-5708

Margaret Schweinhaut Senior Center * + (M-F, 9:00am-4:00pm, Sat, 10:00am-3:00pm)
1000 Forest Glen Road, Silver Spring
301-681-1255

Neighborhood Senior Programs

If no phone number is listed, call the Senior Programs office at 301-468-4540.

Clara Barton Seniors (W 10:00am-2:00pm)
Clara Barton Community Center,
7425 MacArthur Boulevard, Cabin John

Bauer Drive Seniors (M 10:00am-2:00pm)
Bauer Drive Community Center,
14625 Bauer Drive, Rockville

Ross Boddy Seniors * + (W, Th, 9:30am-2:00pm)
Ross Boddy Community Center,
18529 Brooke Road, Sandy Spring
301-570-1215

Clarksburg Seniors (W 10:00am-2:00pm)
Clarksburg Recreation Center,
Route 355 at 22501 Wims Road, Clarksburg

Coffield Seniors (W, Th, 10:00am-2:00pm)

Coffield Community Center,
2450 Lyttonsville Road, Silver Spring
240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

East County Seniors * + (Tu, F, 10:00am-2:00pm)

East County Community Center,
3310 Gateshead Manor Way, Silver Spring
301-572-7004

Fairland Seniors* (Th 10:00am-2:00pm)

Fairland Community Recreation Center,
14906 Old Columbia Pike, Burtonsville
240-777-4970

Germantown Seniors * + (M, Th, 10:00am-2:00pm)

Germantown Community Center,
18905 Kingsview Road, Germantown
301-601-1685

Evergreen Senior Program (Tu, W, F, 9:00am-4:00pm)

Germantown Community Center, 301-601-1685
A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

Longwood Seniors (M 10:00am-2:00pm)

Longwood Community Center,
19300 Georgia Avenue, Brookeville

Owens Park Seniors + (Tu, W, 10:00am-2:00pm)

Owens Park Recreation Center
19900 Beallsville Road, Beallsville
301-428-8127

Potomac Seniors + (Tu 10:00am-2:00pm)

Potomac Community Center,
11315 Falls Road, Potomac

Waverly House Seniors * (W, Th 10:00am-2:00pm)

Waverly House Apartments
4521 East West Highway, Bethesda

* Nutrition lunch program available

+ Limited transportation available

Go Away... Really!

Mark your calendar!

Senior Travel Information Fair FREE

**Wednesday, May 26, 2004, 12:00-4:00pm at
Holiday Park Senior Center, 3950 Ferrara Drive,
Wheaton, Maryland**

Travel Seminars Speakers Travelogues
Expand Your Travel Horizons Exhibits

Call 301-468-4448 for information.

Sponsors include the Senior Beacon Newspaper, Eyre Tour and Travel, American Automobile Association and Montgomery County Recreation Senior Programs.

Special Activities and Events

May 25, 11:00am-1:00pm, **Stroke Awareness**

Lecture and Free Screening by Suburban Hospital, Long Branch Senior Center

May 26, 9:00am-3:30pm, **National Senior Health and Fitness Day Celebration**. Exercises, health screenings and fitness activities, Damascus Senior Center

June 11, 1:00pm, **The Friends Band Plays and Sings Folk Music**, Margaret Schweinhaut Senior Center

June 12, 1:00pm, **Current Telemarketing Scams**. The Montgomery County Consumer Affairs Office lets you know what's out there, Damascus Senior Center

June 14, 1:15pm, **Patriotic Program on Flag Day**. Steve Gellman and Julia Berger present a program of music and poetry that represents America, Holiday Park Senior Center

June 17, 1:15pm, **Travel Video "Seven Great Hikes in Yosemite" and Quebec** by Sandy and Gail Cohen, the Senior Globetrotters, Holiday Park Senior Center

July 13, 11:00am, **The Benefits of Humor and Laughter**, Adventist Health Care Speaker, Long Branch Senior Center

July 16, 10:30am-2:00pm, **Dental Health Fair**. Information on brushing and flossing, nutrition, fluorides in the community, oral cancer and teeth replacement options, Damascus Senior Center

Ongoing Programs



Friday Tea Dances at Holiday Park Senior Center
Fee: \$4.00 at the door. July 9 & 23, August 13 & 27, 1:15-3:15pm. Light refreshments, live entertainment, singles welcome.

Tip for a Healthier Life:

Move your body! Even short periods of activity can increase your fitness level.

Exercise Opportunities

Free 45 minute exercise and strengthening programs:

Senior Shape is a partnership with Suburban Hospital and Kaiser Permanente. Locations: Clara Barton Community Center M/W 11:15am and Potomac Community Center T/F 10:00am. Register on site.



Senior Fit is a partnership with Holy Cross Hospital and Kaiser Permanente. Locations:

Bauer Drive Community Center M/W 9:15am,
East County Community Center M/W/F 10:30am,
Coffield Community Center T/Th 9:15am,
Long Branch Community Center M/W noon,
Ross Boddy Community Center T/Th 9:00am
Wheaton Community Center M/W 10:30am.

For registration information, call 301-754-7149.

Chair Volleyball A new fun activity. Similar rules and skills as regular volleyball but you must stay seated. We will have some instruction clinics. For times and locations, call 301-468-4540.

Other Activities

Senior Olympics The Maryland Senior Olympics is held at Towson University each September, as well as other sites around the state including Montgomery County. We are planning to provide instruction and practice for some sports in preparation for the 2004 Maryland Senior Olympics. These include:

Basketball: Damascus SrC, July 14, 1:00pm
(Floor/foul shooting)

Billiards: Schweinhaut SrC, June 3, 10:00am

Race Walking: Schweinhaut SrC, June 2, 9:30am

For more information on these and other clinics, including registration, call 301-468-4540 or stop by one of the sites listed on page 4 to pick up a *Maryland Senior Olympic Clinic* flyer.

Heartwell Improving your heart and your health is a partnership with Suburban Hospital Healthcare System. Program available at Holiday Park, Long Branch and Margaret Schweinhaut Senior Centers. Ages 65+. For information, contact Community Care Management at 301-896-6500. Free

AQUATICS PROGRAMS

The Department of Recreation operates seven outdoor pool facilities and three indoor pools. Detailed schedules of recreational swim hours, swim lessons, swim teams and all other programs are available at each pool. All facilities are accessible to individuals with disabilities.

Outdoor Pools

Bethesda Pool 301-652-1598
Little Falls Pkwy & Hillandale Road (near Arlington Road), Bethesda

Facilities include a 6-lane, 50-meter long course Z-shaped main pool with a separate diving well (1-meter and ½-meter diving boards and a small water slide), a new 6-lane 25-meter lap pool, a teach pool, a new tot pool, bathhouse, snack bar and lawn areas with shade structures.

Germantown Pool 301-601-1690
18905 Kingsview Drive (at Clopper Road), Germantown

Facilities include an 8-lane, 25-meter main pool with two diving boards, a freeform shallow water leisure pool and two large water flumes and kiddie slide, tot pool, snack bar, bathhouse and lawn areas.

Wheaton/Glenmont Pool 301-929-5460
12621 Dalewood Drive (off Randolph Road between Connecticut and Georgia Avenues near Wheaton High School), Wheaton

Facilities include a 6-lane 50-meter main pool and an 8-lane 25-meter swim course, with 1-meter and ½-meter diving boards. A separate shallow water leisure pool has fountains, sprays and kiddie slides. An activity pool has two flume slides and crosswalks. A tot pool, snack bar, bathhouse and lawn areas are also provided.

Long Branch Pool 301-431-5700
8700 Piney Branch Road (1 block south of University Boulevard), Silver Spring

Includes a 6-lane, L-shaped, 25-meter main pool, junior pool, tot pool, snack bar, bathhouse and lawn areas.

Martin Luther King Jr. Outdoor Pool 301-989-1206
1201 Jackson Road, Silver Spring

Facility features a 6-lane, 50-meter L-shaped main pool, with an 8-lane, 25-meter course into the diving area, which offers a 1-meter board. The separate leisure pool consists of a shallow water lagoon with slides and water play features, surrounded by a circular "Lazy River" for riding inner tubes with the current. Also provided are a bathhouse with showers, first aid areas, a separate tot pool and lawn areas with shade structures.

Upper County Outdoor Pool 301-840-2446
8211 Emory Grove Road (at Route 124), Gaithersburg

Facilities include 8-lane 25-meter main pool with two 1-meter diving boards, a separate shallow water leisure pool with a water slide, tot pool, snack bar, bathhouse and lawn areas.

Western County Outdoor Pool 301-349-2217
20151 Fisher Avenue, Poolesville

Facilities include an 8-lane, 25-meter main pool with 1-meter and ½-meter diving boards, a separate 2-level shallow water leisure pool with small slides and water umbrella, tot pool, snack bar, bathhouse and lawn areas.

Schedule of Outdoor Pool Operations

Pre-season Schedule: (May 29-June 13) The pools open for recreational swim from 12:00noon to 6:00pm on weekends (and Memorial Day.) Weekdays, the pools are **closed** from June 1-11.

Summer Season: (June 14-August 20, note: MCPS starts on August 30) Weekday mornings are programmed with swim lessons, team practices, day care and camp swim. Public recreational swim begins at various times in the early afternoon and generally ends at 8:00pm. On weekends, the pools open at 12:00noon. From June 21 into August, Long Branch and Bethesda Pools will have an Early Bird Swim on weekdays, for a reduced fee. Check schedule at the pool.

Post Season: (August 21-Labor Day) MCPS starts school on August 30. Some pools will close as of August 30, while others will operate on limited days and hours. Schedules will be posted.

Note: Outdoor pools will be closed at times when the air temperature drops below 70 degrees or when there is a rain storm in progress.

Daily Recreational Swim Fees

County Minors & Senior Citizens: \$4.00

County Adults: 18-60 yrs old: \$5.50

Twilight Fees (after 5:30pm): All fees reduced

Non-County Resident Fees are higher

Punch 12 Cards are discount admission cards, available to County and non-County residents. The patron pays for 10 admissions at regular price and receives 12 admissions (10 paid and 2 free). Check with pool for additional information.

Summer Pool Passes: In lieu of paying an admission fee at each visit, a Family Swim Pass is available for Montgomery County families for \$240, which includes husband and wife, (or one parent and one adult guardian), and up to four single legal dependent children under 21 years of age residing at the same address. Add \$15.00 for each additional child. Additional adults are not included in the definition of family, but are eligible for individual passes, or they may pay the daily admission fees. An Individual Swim Pass costs \$160. Program and pass information, as well as admission costs will be available at the county libraries, community centers, and indoor pools after May 1.

Pass application forms will be mailed from the Recreation Department upon request. Outdoor Pool Passes are valid at all MCRD Outdoor Pools, but are not valid at MCRD Indoor Pools.



Indoor Pools

MCRD indoor pools will continue to offer regular programs through most of the summer weeks. However, each facility will close for two weeks in August for draining, cleaning, and yearly maintenance. Indoor passes are good at the outdoor pools.

Martin Luther King, Jr. Swim Center (MLK)

301-989-1206

1201 Jackson Road, Silver Spring
(near White Oak Interm. School)

Montgomery Aquatic Center (MAC)

301-468-4211

5900 Executive Boulevard, N. Bethesda
(near White Flint Metro)

Olney Indoor Swim Center (OSC)

301-570-1210

16601 Georgia Avenue, Olney
(in the Olney Manor Park)

Swimming Instruction

Swim lessons for all ages and swimming abilities are offered at indoor and outdoor pools beginning the week of June 20. Summer swim lesson fees range from \$40 to \$49 depending on the level and the number of participants. Non-County residents are charged an additional \$10 fee.

Children's Swim Lessons for all levels and ages may be offered in two, three, four, six or eight week sessions beginning June 20. Some weekend lessons are available.

Adult Group Lessons for all levels may be offered on weekday evenings, meeting once or twice a week for 4, 6, or 8 weeks, or on weekends.

Advanced In-Person Registration is necessary for all swimming lessons and will take place at each pool. No phone or mail registration will be accepted. All fees must be paid at registration. Classes may be consolidated or cancelled when it is deemed necessary. Make-ups will not be given for outdoor pool classes in event of cancellation due to weather conditions.

Outdoor Pool Lesson Registration

Advanced in-person registration for all classes for County residents will be held from 9:00am until 11:00am on Saturday, June 5 for all classes. Beginning when the pool opens at noon, registration continues for residents, and will be offered to non-residents, starting June 6 or anytime that the pool is open for business. A schedule listing dates, times and locations will be available at outdoor pools on Opening Day. All lessons at the MLK site will be taught indoors.

Indoor Pool Lesson Registration

A schedule of classes will be available at each pool on May 1. MAC, MLK and OSC will have summer swim lesson registration on the following dates:

Saturday classes, May 22

Sunday classes, May 23

Weekday classes, Wednesday, May 26

All adult lessons, Monday, May 24

Call the pools for times.

Continued registration for County residents and registration for non-County residents will begin the day following each initial registration during business hours, until classes begin or are filled.

Special Aquatic Programs

Montgomery Swim Club

(RMSC) is a year-round competitive age-group swim team for boys and girls, 6-18 years, who train at MLK, MAC or OSC pools. Long course training is available in the summer. In addition to stroke improvement and fitness, swimmers will be encouraged to participate in U.S.A. Swimming competitions. Pro-rates available. Contact the Program Supervisor at each indoor pool for more information.

The Montgomery Dive Club

This year-round advanced age-group competitive diving program is offered at MLK, MAC, and OSC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC. Masters Diving is also offered at MAC. Program flyers are available at each pool, or call John Walsh at 301-829-2303 or visit www.montgomerydiveclub.com.

Summer League Swim Teams (June & July)

Germantown, Long Branch, Western County, Glenmont, Bethesda and Upper County summer swim teams are members of the Montgomery County Swim League. Swimmers compete in dual meets on Saturday mornings and some Wednesday evenings. Youth ages 6-18 are encouraged to inquire at the pools for team registrations. Previous team experience is not necessary. Practices will be held in the evenings while school is in session and on weekday mornings beginning June 21. An organizational meeting for all current and prospective swimmers and parents will be held at 7:00pm on Tuesday, June 1 at each pool.

Lifeguard Training

Summer Lifeguard Training will be offered if there is sufficient interest. Check with the Pool Manager.



Now Hiring Part Time Staff!

Part-time temporary work is available at outdoor and indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available.

For more information, contact a facility supervisor at the indoor pool nearest you or call the Aquatics Office at 240-777-6860.

"Masters" Swim Training

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Summer practices will be longcourse at the Bethesda, Glenmont and MLK Outdoor Pools. For information contact Tom Denes at waterprfch@aol.com.

Mariners

Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

Montgomery Aquatic Center Eight Lanes

Tue/Thu	8:30-10:00pm
Fri	8:30-9:30pm
Sun	8:00-10:00am

Olney Swim Center Four Lanes

Tue/Thu	8:30-10:00pm
Sat	7:30-9:00am

Martin Luther King, Jr Pool Six Lanes

Mon/Wed	8:30-10:00pm
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(Weekend practices at MAC)

16 Sessions \$75.00

Instructor: Premier Swim

107596	Montgomery AqC	4/25	1 day	8:00am-10:00am
107601	Martin Luther King SwC	4/25	1 day	8:00am-10:00am
107606	Olney SwC	4/25	1 day	8:00am-10:00am

32 Sessions \$115.00

Instructor: Premier Swim

107597	Montgomery AqC	4/25	2 days	8:00am-10:00pm
107602	Martin Luther King SwC	4/25	2 days	8:00am-10:00pm
107607	Olney SwC	4/25	2 days	8:00am-10:00pm

48 Sessions \$155.00

Instructor: Premier Swim

107598	Montgomery AqC	4/25	3 days	8:00am-10:00pm
107603	Martin Luther King SwC	4/25	3 days	8:00am-10:00pm
107608	Olney SwC	4/25	3 days	8:00am-10:00pm

64 Sessions \$195.00

Instructor: Premier Swim

107599	Montgomery AqC	4/25	4 days	8:00am-10:00pm
107604	Martin Luther King SwC	4/25	4 days	8:00am-10:00pm
107609	Olney SwC	4/25	4 days	8:00am-10:00pm

80 Sessions \$235.00

Instructor: Premier Swim

107600	Montgomery AqC	4/25	5 days	8:30pm-10:00pm
107605	Martin Luther King SwC	4/25	5 days	8:00am-10:00pm
107610	Olney SwC	4/25	5 days	8:00am-9:00am



Water Fitness Classes

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise and Body Sculpting classes are offered at each indoor pool. Water Fitness classes will also be offered at select outdoor pools. For course descriptions, dates, days and times see below or pick up a schedule at any of our pools or call the Aquatics Office of the Recreation Department.

- No swimming experience is necessary.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.

See listings of Water Fitness Classes below. Registration form on page 41.

Instructors:

Wellness Network: Linda Costello 301-924-3488
wellnet1@aol.com

Waterworks: Sally Dimsdale 301-593-1609
sallywaterworks@msn.com

H2O Fitness: Peggy Brower 301-603-1328
browers4@aol.com

Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

9 Sessions \$43.00

Instructor: H2O Fitness

107208	Martin Luther King SwC	6/7	M	9:30am-10:20am
107209	Martin Luther King SwC	6/9	W	9:30am-10:20am

Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

9 Sessions \$43.00

Instructor: H2O Fitness

107213	Martin Luther King SwC	6/8	Tu	10:00am-10:50am
107214	Martin Luther King SwC	6/10	Th	10:00am-10:50am

Instructor: Waterworks

107215	Montgomery AqC	6/11	F	7:30am-8:20am
107216	Montgomery AqC	6/8	Tu	6:30pm-7:20pm
107217	Montgomery AqC	6/10	Th	6:30pm-7:20pm

Instructor: Wellness

107218	Olney SwC	6/10	Th	7:00pm-7:50pm
107219	Olney SwC	6/8	Tu	7:00pm-7:50pm
107220	Olney SwC	6/7	M	9:30am-10:20am

Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Classes given in diving well using ski belt for flotation.

9 Sessions \$43.00

Instructor: H2O Fitness

107222	Martin Luther King SwC	6/7	M	1:00pm-1:50pm
107224	Martin Luther King SwC	6/9	W	1:00pm-1:50pm
107226	Martin Luther King SwC	6/8	Tu	7:30am-8:20am
107227	Martin Luther King SwC	6/10	Th	7:30am-8:20am
107228	Martin Luther King SwC	6/11	F	1:00pm-1:50pm
107229	Martin Luther King SwC	6/12	Sa	9:00am-9:50am
107255	Upper County Pool	6/22	Tu	7:00pm-7:50pm
107256	Upper County Pool	6/24	Th	7:00pm-7:50pm

Instructor: Waterworks

107242	Montgomery AqC	6/7	M	8:30am-9:20am
107243	Montgomery AqC	6/7	M	1:30pm-2:20pm
107244	Montgomery AqC	6/8	Tu	10:00am-10:50am
107245	Montgomery AqC	6/9	W	8:30am-9:20am
107246	Montgomery AqC	6/9	W	1:30pm-2:20pm
107247	Montgomery AqC	6/10	Th	10:00am-10:50am
107248	Montgomery AqC	6/11	F	8:30am-9:20am
107249	Montgomery AqC	6/11	F	1:30pm-2:20pm
107250	Montgomery AqC	6/8	Tu	7:30pm-8:20pm
107251	Montgomery AqC	6/10	Th	7:30pm-8:20pm
107254	Bethesda Pool	6/20	Su	8:00am-8:50am

Instructor: Wellness

107223	Martin Luther King SwC	6/8	Tu	7:30pm-8:20pm
107225	Martin Luther King SwC	6/10	Th	7:30pm-8:20pm
107230	Olney SwC	6/8	Tu	8:00pm-8:50pm
107231	Olney SwC	6/8	Tu	8:30am-9:20am
107232	Olney SwC	6/10	Th	8:00pm-8:50pm
107233	Olney SwC	6/10	Th	8:30am-9:20am
107234	Olney SwC	6/11	F	6:00pm-6:50pm
107235	Olney SwC	6/8	Tu	10:30am-11:20am
107236	Olney SwC	6/10	Th	10:30am-11:20am
107237	Olney SwC	6/7	M	7:00pm-7:50pm
107238	Olney SwC	6/9	W	7:00pm-7:50pm
107239	Olney SwC	6/7	M	6:30am-7:20am
107240	Olney SwC	6/9	W	6:30am-7:20am
107241	Olney SwC	6/12	Sa	9:00am-9:50am

Water Exercise for Arthritis



Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

9 Sessions

\$43.00

Instructor: Waterworks

107271	Montgomery AqC	6/7	M	11:00am-11:50am
107272	Montgomery AqC	6/9	W	11:00am-11:50am
107273	Montgomery AqC	6/11	F	11:00am-11:50am

Instructor: Wellness

107269	Martin Luther King SwC	6/8	Tu	10:30am-11:20am
107270	Martin Luther King SwC	6/10	Th	10:30am-11:20am
107274	Olney SwC	6/7	M	10:00am-10:50am
107275	Olney SwC	6/9	W	10:00am-10:50am
107276	Olney SwC	6/11	F	10:00am-10:50am

Water Exercise



Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

9 Sessions

\$43.00

Instructor: H2O Fitness

107277	Martin Luther King SwC	6/7	M	8:30am-9:20am
107279	Martin Luther King SwC	6/9	W	8:30am-9:20am
107281	Martin Luther King SwC	6/11	F	8:30am-9:20am

Instructor: Waterworks

107283	Montgomery AqC	6/8	Tu	11:30am-12:20pm
107285	Montgomery AqC	6/10	Th	11:30am-12:20pm
107286	Montgomery AqC	6/8	Tu	8:30pm-9:20pm
107292	Bethesda Pool	6/21	M	8:00pm-8:50pm
107293	Bethesda Pool	6/23	W	8:00pm-8:50pm

Instructor: Wellness

107278	Martin Luther King SwC	6/8	Tu	8:30pm-9:20pm
107280	Martin Luther King SwC	6/10	Th	8:30pm-9:20pm
107282	Montgomery AqC	6/7	M	8:30pm-9:20pm
107284	Montgomery AqC	6/9	W	8:30pm-9:20pm
107287	Olney SwC	6/9	W	9:00am-9:50am
107288	Olney SwC	6/11	F	9:00am-9:50am
107289	Olney SwC	6/7	M	8:00pm-8:50pm
107290	Olney SwC	6/9	W	8:00pm-8:50pm
107291	Olney SwC	6/7	M	9:00am-9:50am

Please see *Fitness, Exercise and Wellness for Adults* on page 24 for Pilates classes.



Water Aerobics



Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

9 Sessions

\$43.00

Instructor: H2O Fitness

107257	Martin Luther King SwC	6/8	Tu	8:30am-9:20am
107258	Martin Luther King SwC	6/10	Th	8:30am-9:20am

Instructor: Waterworks

107259	Montgomery AqC	6/8	Tu	8:30am-9:20am
107260	Montgomery AqC	6/10	Th	8:30am-9:20am
107261	Montgomery AqC	6/9	W	9:30am-10:20am
107262	Montgomery AqC	6/11	F	9:30am-10:20am
107263	Montgomery AqC	6/7	M	9:30am-10:20am

Instructor: Wellness

107264	Olney SwC	6/8	Tu	7:00pm-7:50pm
107265	Olney SwC	6/10	Th	7:00pm-7:50pm
107266	Olney SwC	6/8	Tu	9:30am-10:20am
107267	Olney SwC	6/10	Th	9:30am-10:20am
107268	Germantown Pool	6/19	Sa	10:00am-10:50am

Tip for a Healthier Life:

Spend at least 30 minutes each day doing something you like to do.

Just moved to Montgomery County?

We have programs, classes, clinics and activities for all ages. Browse through the Guide...see what we have to offer!

Want to learn more?

Please call our Customer Service desk at 240-777-6840.

Summer Camps & Programs



Give your child an unforgettable Summer experience!

We offer an unbeatable combination: Our Camps are fun... safe... and affordable!

June 21-August 6

Specialty Camps: offer an exciting activity focus plus swimming, field trips, and a variety of fun recreational activities:

Art Camps for ages 6-8

On-the-Go for ages 8-12

Sports Camps for ages 6-8 & 8-12

FUN-ergy for ages 8-12

Nature Camps for ages 9-13

Smart Moves for ages 8-12

Drama Camp for ages 9-12 (in Germantown only)

9:00am-3:30pm

Discovery Camps: provide a mix of activities that include crafts, games, sports, special events, swimming, designed for two age groups: 5-8 and 8-12.

9:00am-3:30pm

Little People Centers: offer a half-day of fun for preschoolers, ages 4-5, with opportunity for socialization and enrichment.

9:00am-1:00pm

Extended Camps: continue the fun for campers, ages 5-13. Accessible from all Specialty and Discovery Camps, Extended Camps provide supervised play in the morning and afternoon

7:00-9:00am

3:30-6:00pm

Transportation: free from centralized drop-off points.

For Camp Information or summer job opportunities, call 240-777-6870 or find us online at montgomerycountymd.gov/rec

Summer Fun Centers

Ages 5-12 (must have attended kindergarten)

Summer Fun Centers: (formerly known as playgrounds) offer a variety of organized and supervised activities focused around weekly themes. Activities may include crafts, art, sports, special events, active games and drama. Some extended day sites are also available for an additional fee. A six week program meets June 28-August 6, from 8:00am to 3:00pm, for Extended Sites. All others 9:00am-4:00pm

Bethesda-Chevy Chase Region

(Potomac, Darnestown, Chevy Chase and Bethesda)

301-983-4467

East County Region

(Burtonsville, Fairland and Route 29 corridor)

240-777-4980

Mid County Region

(Olney, Sandy Spring, Aspen Hill, Kemp Mill and Wheaton)

240-777-4930

Silver Spring Region

(Silver Spring, Kensington, Garrett Park and Takoma Park)

240-777-4900

Upcounty Region

(Gaithersburg, Laytonsville, Poolesville, Damascus and Germantown)

240-777-6940

Other Summer Opportunities

Counselor-in-Training

240-777-6961

Teen Activities

240-777-6961

Therapeutic Recreation/Mainstreaming

301-468-4540/TTY 240-777-6974

Financial assistance is available to qualifying individuals. See page 40 for details.

THERAPEUTIC RECREATION PROGRAMS

Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested at least 2 weeks prior to the start of the program. Please call 301-468-4540, TTY 240-777-6974, to schedule an intake for accommodations needed.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, so early notification is essential.

Children's Programs

Karate for Individuals with Disabilities ★ ♿

Ages 5&Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Includes stretching, arm and leg movements and drills. Wear loose fitting clothes or white Gi (uniform). New students attend 9:00 class. No class 7/3.

8 sessions				\$68.00
107711	Randolph Hills PC	6/5	Sa	9:00am-9:45am
107712	Randolph Hills PC	6/5	Sa	9:45am-10:30am

Teen and Adult Programs

Adult Swim ★ ♿

Ages 18&Up, with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 4 participants. **No personal care provided.**

8 sessions				\$32.00
107914	MLK Swim Center	6/29	Tu	8:30pm-10:00pm
107915	MAC Swim Center	7/1	Th	8:00pm-9:30pm

Feeling Fit with Multiple Sclerosis ★ ♿

Ages 18&Up, who would like to learn to work out independently: Includes warm up, work out, and cool down. Emphasis on learning how to develop a balanced physical activity plan. At the close of the class, participants will be able to design and begin an Individual Fitness Plan.

6 sessions				\$32.00
107912	Holiday Park SrC	7/8	Th	3:30pm-4:30pm



Moving with Multiple Sclerosis ★ ♿

Ages 18&Up, with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class.

6 sessions				\$32.00
107911	Germantown CC	7/11	Sun	1:00pm-2:00pm

Slow 'n Easy Aerobics ★ ♿

Ages 15&Up, with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 8 participants. Monday class does not meet on July 5.

8 sessions				\$30.00
107203	Bauer Drive CC	7/1	Th	7:00pm-8:00pm
107204	Wheaton CC	6/28	M	7:00pm-8:00pm

Special Events

National Therapeutic Recreation Week: July 11-17, 2004

See the *Summer Therapeutic Recreation* brochure for details. Activities include a Family Fun Night on Wednesday, July 14 at Holiday Park Center.

15th Anniversary Children's Day VIP Program at the Fair: August 16, 2004

Co-sponsored by the Montgomery County Agricultural Fair and the City of Gaithersburg.

The *Children's Day at the Fair* Committee is asking for help in identifying children who would benefit from this program. In order to be selected a Children's Day VIP, the child must be a resident of Montgomery County between the ages of five and twelve years old and must have a severe disability or life-threatening illness. The family must also be able to attend the Fair on Monday, August 16 as honored guests. If you know of a child or children (who have not yet been a VIP) who you feel would benefit from this very special program, please call 301-468-4540 for an application form.

Countywide Camps for Individuals with Disabilities

Summer Success! Our programs are designed to give kids and teens the opportunity to grow through activities that promote socialization, enhance self-esteem, and provide age-appropriate activities in a safe environment. The Department of Recreation invites you to try one of our exciting Therapeutic Recreation Camps or Programs. To help pick the most appropriate program for your family member, please call a Recreation Specialist at 301-468-4540, TTY 240-777-6974. Have a great summer!

TR Mailing List

If you would like to receive more information on TR programs or clubs, please send a postcard with participant's name, age, address, and phone number.

Mail to: Therapeutic Recreation Mailing List
3950 Ferrara Drive
Wheaton, MD 20906

COMPETITIVE SPORTS

A variety of sports leagues for youth, teens, adults and seniors are offered on a year-round, countywide basis. Competitive levels exist for beginner and intermediate players.

Adult leagues register by team only and generally include Men's, Women's, and Co-Rec divisions. Registration materials for adult leagues may be obtained on a seasonal basis by request. Contact the CCS Team office to receive current information. **Do not use the registration form in this Guide.** Individuals seeking to be placed on a team may call to be added to the list provided to managers.

Senior adult sports (age 50 and up), call Jim Ganz with Montgomery County Senior Sports Association at 301-236-9130.

	Summer	Fall	Winter	Spring
Basketball				
Senior Adult			December-10 games	
Adult	June-10 games		December-10 games	
High School	June-10 games	September-8 games	January-10 games	
Rising Star, Grades 6–8	June-10 games		January-10 games	
Instructional, Grades 1–2			January-8 sessions	
Football				
Co-Rec, Flag		September-10 games		
Men's Touch		September-10 games		
In line hockey				
Youth 6–16 years		September-8 games		April-8 games
Soccer				
Men's, Women's and Co-Rec		September-9/10 games		April-9/10 games
Instructional, Grades K–4		October-6 sessions		April-6 sessions (Grades K-2 only)
Softball				
Senior Adult				April-14/28 games
Men's, Women's and Co-Rec	June-10 games	August-7/14 games		April-14/28 games
High School Fastpitch	June-8 games			
Volleyball				
Clinics	June-7 weeks		January-7 weeks	

Help Build Your Community: Make a Donation

**Friends of
RECREATION**
Montgomery County

Help build a better community by making a donation to Friends of Recreation (FOR).^{*} Your tax deductible contribution can help support a community center, sponsor a recreation program, or enable a needy child or teen to enjoy a positive recreation experience. Simply make your check out to the "Montgomery Parks Foundation," and indicate how you want your gift to be used. To designate your donation, please specify in the memo section of your check as follows: either FOR General Fund or FOR (and the facility or program you wish to support). Send your check to: Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902.

^{*}FOR is affiliated with the non-profit Montgomery Parks Foundation, a public foundation that allows citizens to make donations to the County's Parks and Recreation Programs. To learn more about FOR, call 240-777-4920 or check our webpage at montgomerycountymd.gov/rec

Badminton Beginner/Advanced Beginner 🏸 ★

Ages 9&Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. \$10 material fee payable to the instructor the first class. Competitive techniques of both singles and doubles play.

8 Sessions **\$52.00**

Instructor: T/A Norton Savage Montgomery County Badminton Club

102514 Bauer Drive CC 6/15 Tu 6:00pm-7:00pm

Badminton Intermediate/Advanced 🏸 ★

Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. \$20 material fee due to instructor at first class.

8 Sessions **\$83.00**

Instructor: T/A Norton Savage Montgomery County Badminton Club

102517 Bauer Drive CC 6/19 Sa 10:30am-1:00pm

Baseball Camps by Bases Loaded 🏆 ★

Ages 6-13: What a summer this is going to be! *Bases Loaded* Baseball camps work with young players on hitting, pitching, fielding, base running, and much more. Trained staff will work with cutting-edge equipment and use innovative drills, stations and games each day. Players of any ability level are invited to attend as this camp is instruction-oriented, not competitively oriented. Players receive a camp T-shirt and need to bring their own glove, bag lunch, and water cooler.

4 Sessions **\$145.00**

Instructor: Duane Rhine

101471 Northwest HS 6/28 M,Tu,W,Th 10:00am-2:00pm

101472 Columbia Local Park 7/6 Tu,W,Th,F 10:00am-2:00pm

101479 Seneca Valley HS 7/6 Tu,W,Th,F 10:00am-2:00pm

101473 Quince Orchard HS 7/12 M,Tu,W,Th 9:00am-1:00pm

101475 Tilden MS 7/19 M,Tu,W,Th 9:00am-1:00pm

101474 North Bethesda MS 7/26 M,Tu,W,Th 10:00am-2:00pm

101476 Shady Grove MS 8/2 M,Tu,W,Th 9:00am-1:00pm

101477 Parks, Rosa MS 8/9 M,Tu,W,Th 9:00am-1:00pm

101478 Martin Luther King RP 8/16 M,Tu,W,Th 9:00am-1:00pm

One on One Basketball Clinic 🏀 ★

Ages 9-15: Classes are directed by enthusiastic and experienced coaches. Each class will focus on a specific skill or fundamental technique, including ball handling, fast break situations, passing, shooting, dribbling, rebounding, and individual moves through fun drills and instruction. Boys and girls of all ability levels are welcome. Participants should wear non-marking sneakers or tennis shoes.

4 Sessions **\$75.00**

Instructor: One on One Basketball

101436 Key, Francis Scott MS 7/6 Tu,W,Th,F 3:30pm-5:30pm

101444 Whitman, Walt HS 7/6 Tu,W,Th,F 3:30pm-5:30pm

101452 Seneca Valley HS 7/6 Tu,W,Th,F 3:30pm-5:30pm

5 Sessions **\$93.00**

101442 Key, Francis Scott MS 6/21 M,Tu,W,Th,F 3:30pm-5:30pm

101449 Whitman, Walt HS 6/21 M,Tu,W,Th,F 3:30pm-5:30pm

101457 Seneca Valley HS 6/21 M,Tu,W,Th,F 3:30pm-5:30pm

101435 Key, Francis Scott MS 6/28 M,Tu,W,Th,F 3:30pm-5:30pm

101443 Whitman, Walt HS 6/28 M,Tu,W,Th,F 3:30pm-5:30pm

101451 Seneca Valley HS 6/28 M,Tu,W,Th,F 3:30pm-5:30pm

101437 Key, Francis Scott MS 7/12 M,Tu,W,Th,F 3:30pm-5:30pm

101445 Whitman, Walt HS 7/12 M,Tu,W,Th,F 3:30pm-5:30pm

101453 Seneca Valley HS 7/12 M,Tu,W,Th,F 3:30pm-5:30pm

101438 Key, Francis Scott MS 7/19 M,Tu,W,Th,F 3:30pm-5:30pm

101446 Whitman, Walt HS 7/19 M,Tu,W,Th,F 3:30pm-5:30pm

101454	Seneca Valley HS	7/19	M,Tu,W,Th,F	3:30pm-5:30pm
101447	Whitman, Walt HS	7/26	M,Tu,W,Th,F	3:30pm-5:30pm
101455	Seneca Valley HS	7/26	M,Tu,W,Th,F	3:30pm-5:30pm
101439	Key, Francis Scott MS	7/26	M,Tu,W,Th,F	3:30pm-5:30pm
101440	Key, Francis Scott MS	8/2	M,Tu,W,Th,F	3:30pm-5:30pm
101448	Whitman, Walt HS	8/2	M,Tu,W,Th,F	3:30pm-5:30pm
101456	Seneca Valley HS	8/2	M,Tu,W,Th,F	3:30pm-5:30pm
101441	Key, Francis Scott MS	8/9	M,Tu,W,Th,F	3:30pm-5:30pm

Football Clinic 🏈 ★

Ages 7-13: Coaches use a variety of defensive and offensive drills to introduce and expand on the basics of tackle football. Participants concentrate on improving fundamentals, including blocking, tackling and offensive skills. Be ready to participate: wear comfortable clothes appropriate for the weather, cleats recommended but not required; mouthpiece optional, and bring water in an unbreakable container.

5 Sessions **\$192.00**

Instructor: Bob Windsor

101230 White Oak MS 7/19 M,Tu,W,Th,F 8:30am-3:30pm

Skateboard and Advanced In Line Clinic 🛹 ★

Ages 8-13: Learn to volley, kick flip, grind, stall and get air. Camp is held in a mobil, mini skate park designed for the every day skater. Includes 2 foot mini half, fun box, grind box, fly box, launch and kicker ramp, rails and more. Required equipment: Skate board or aggressive in-line skates with grind plates and H block, helmet designed for skateboarding, wrist guards, elbow and knee pads. Bring water and snack in a cooler with your name on it. No indoor space is available. In the event of inclement weather, full day cancellations are announced by 7:30am on 703-803-7100 or 240-777-6889. Players must be picked up when electrical storms or heavy rain during the day cancels the program. Time is made up by adding thirty minutes to each subsequent day.

4 Sessions **\$154.00**

Instructor: Company: American In-Line Skating

101225 Cabin John Regional Park 7/6 Tu,W,Th,F 9:00am-12:30pm

5 Sessions **\$192.00**

Instructor: Company: American In-Line Skating

101224 Potomac ES 6/28 M,Tu,W,Th,F 9:00am-12:30pm

101226 Brooke Grove ES 8/2 M,Tu,W,Th,F 9:00am-12:30pm

In-Line Hockey Clinics 🏒 ★

Ages 6-12: Co-ed clinics for those with some in-line skating experience. For roller hockey players-beginner through advanced. Includes safety instruction, skate maintenance, skating fundamentals: balance, stopping, skating backward, hockey turns, puck work, stick handling, passing, face-offs, breakouts, line changes, game format, team and positional play, goal tender skills, non-contact controlled scrimmages and mini tournament on last day. A no checking policy is emphasized. Required equipment: in line skates, helmet with full face protection, gloves designed for roller hockey or lacrosse, knee/shin and elbow pads. No indoor space is available. In the event of inclement weather, full day cancellations are announced by 7:30am on 703-803-7100 or 240-777-6889. Players must be picked up when electrical storms or heavy rain during the day cancels the program. Time is made up by adding thirty minutes to each subsequent day.

4 Sessions **\$154.00**

Instructor: Company: American In-Line Skating

101219 Potomac CC 7/6 Tu,W,Th,F 9:00am-12:30pm

5 Sessions **\$192.00**

Instructor: Company: American In-Line Skating

101221 Ridge Road RP 6/28 M,Tu,W,Th,F 9:00am-12:30pm

101220 Potomac CC 7/19 M,Tu,W,Th,F 9:00am-12:30pm

101222 Brooke Grove ES 8/2 M,Tu,W,Th,F 9:00am-12:30pm



In-Line Skating Clinics

Ages 6-12: Basic skills: skate, stop, turn and go! Instruction in gearing up, how to avoid falling down, skating forward and backward, stopping, turning, equipment maintenance, safety checks, skating games, tours and more. Required equipment must be provided by the participant: in-line skates, helmet designed for biking or in-line skating, wrist guards, elbow and knee pads. Bring water and snack in a cooler with name on it. Class will not meet in rain, call 703-803-7100 for weather announcements. Time is made up by extending session each day by thirty minutes.

4 Sessions **\$154.00**

Instructor: Company: American In-Line Skating
101216 Cabin John RP 7/6 Tu,W,Th,F 9:00am-12:30pm

5 Sessions **\$192.00**

Instructor: Company: American In-Line Skating
101168 Potomac ES 6/28 M,Tu,W,Th,F 9:00am-12:30pm
101169 Ridge Road RP 6/28 M,Tu,W,Th,F 9:00am-12:30pm
101217 Brooke Grove ES 8/2 M,Tu,W,Th,F 9:00am-12:30pm

Soccer Clinic for Girls

Ages 9-16: MVP Soccer presents a camp designed specifically for the female soccer player. This camp is staffed primarily by female coaches who have played on the local, national and international level. Players get the opportunity to interact with, and learn from, women who are shaping the future of soccer for the American girl. Players also get the chance to view championship medals up close and talk with professional women soccer players.

5 Sessions **\$218.00**

Instructor: Spectrum Associates Inc
101218 Luxmanor Local Park 7/19 M,Tu,W,Th,F 9:00am-3:30pm

We Want You!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 for an application.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation Department
Affiliated Services-Contracts
4010 Randolph Road
Silver Spring, MD 20902

Soccer Camps by MVP

Ages 6-16: MVP Soccer invites teams and individual boys and girls of varied skills and abilities to improve techniques. Designed and directed by licensed coaches with years of successful coaching and playing experience. A fun, learning environment is provided by emphasizing frequency of touches on the ball and grouping by age and ability. Participants will meet professional players and win prizes for individual and group achievements. All participants receive a camp T-shirt and soccer ball. All camps have a half-day option (9:00am-12:00pm) for \$165. Bring your own ball, cleats, shin guards, water.

4 Sessions **\$133.00**

Instructor: Spectrum Associates Inc
101178 Northwest HS 7/6 Tu,W,Th,F 9:00am-12:00pm

5 Sessions **\$165.00**

Instructor: Spectrum Associates Inc
101175 Luxmanor Local Park 6/28 M,Tu,W,Th,F 9:00am-12:00pm
101179 Argyle MS 7/12 M,Tu,W,Th,F 9:00am-12:00pm
101180 White Oak MS 7/26 M,Tu,W,Th,F 9:00am-12:00pm
101171 Luxmanor Local Park 8/2 M,Tu,W,Th,F 9:00am-12:00pm

4 Sessions **\$174.00**

Instructor: Spectrum Associates Inc
101173 Northwest HS 7/6 Tu,W,Th,F 9:00am-3:30pm

5 Sessions **\$218.00**

Instructor: Spectrum Associates Inc
101174 Luxmanor Local Park 6/28 M,Tu,W,Th,F 9:00am-3:30pm
101176 Argyle MS 7/12 M,Tu,W,Th,F 9:00am-3:30pm
101177 White Oak MS 7/26 M,Tu,W,Th,F 9:00am-3:30pm
101170 Luxmanor Local Park 8/2 M,Tu,W,Th,F 9:00am-3:30pm

Softball Camp by Softball U.S.A.

Ages 6-13: Softball USA co-ed summer camps teach the proper techniques of hitting, fielding, base running, and windmill or modified pitching mechanics. Innovative equipment is available. Trained and certified staff teach the USA way to play. Each player receives a camp t-shirt and is responsible for bringing a softball glove and bag lunch.

4 Sessions **\$145.00**

Instructor: Duane Rhine, Bases Loaded Baseball
101516 Northwest HS 6/28 M,Tu,W,Th 10:00am-2:00pm
101517 North Bethesda MS 7/26 M,Tu,W,Th 10:00am-2:00pm

Volleyball Clinics

Ages 10-17: All elements of the sport of volleyball will be explored in this fun, but challenging immersion clinic. Emphasis is on building sound fundamentals, mechanics, refinement of advanced skills and good sportsmanship. All skill areas will be covered and fine-tuned, including individual and team offense, defense, coverage, play-making, communications and transition. Mental aspects of competition and sportsmanship will also be improved to complement the physical skills learned. The goal is to help guide each student into a complete player. Knee pads are required, but can be purchased at the clinic.

5 Sessions **\$223.00**

Instructor: Yuan-Yuan Hwang
101231 Churchill, Winston HS 6/28 M,Tu,W,Th,F 9:00am-5:00pm

Volleyball Clinics by Mid Atlantic

Ages 11-14: Geared to all ability levels, a fun and competitive program for middle school students to learn the skills and strategies of the game from experienced coaches. Enhances individual skills, prepares players for high school competition and develops a greater enjoyment of this lifetime sport.

5 Sessions **\$99.00**

Instructor: Mid Atlantic Volleyball
101518 Gaithersburg MS 7/12 M,Tu,W,Th,F 9:00am-12:00pm

YOUTH SERVICES SPORTS

A variety of sports leagues for youth and teens are offered on a year-round, countywide basis. Competitive levels exist for beginner and intermediate players.

Youth sports registration occurs on an individual or pre-formed team basis via flyers distributed quarterly through the schools. Volunteers are used to coach and implement these programs. The National Youth Sports Coaches' Association certification program is offered by the department. Interested adults may call for coaching information.

Grades	Summer	Fall	Winter	Spring
Basketball Grades 3-8		September-7 games (Grades 5-8 only)	January-8 games	
Baseball Grades 2-9 Tball Grades K-2				April-10 games April-6 sessions
Field Hockey Girls, Grades 5-8 Girls, Grades 4-9 Indoor Girls, Grades 3-9		September-6 games September-9 sessions	December Open House January-9 sessions	April-6 games May-4 sessions
Flag Football Grades 2-8		September-7 games		
Softball Slowpitch Girls, Grades 3-12 Fastpitch Girls, Grades 7-8		September-8 games (Grades 3-8 only) September-8 games		April-10 games April-10 games

National Youth Sports Coaches Association (NYSCA) certification program

Certified volunteers are needed to coach in youth basketball, flag football, in line hockey, baseball and softball. Certification includes the National Youth Sports Coaches Association (NYSCA) program. This program trains and prepares youth coaches and provides secondary liability insurance for those completing the training. Contact Corky McCorkle at 240-777-6961 for a seasonal schedule of upcoming clinics.



OFFICIALS NEEDED

Individuals at least 16 years of age are needed to officiate games in our youth sports leagues. Salary is determined by previous officiating experience and education. For more information, call the Youth Services Team at 240-777-6961.

Flag Football-Saturday hours, Grades 2-8. Training begins in September.

Baseball and Softball-Saturday and Sunday hours. Grades 2-9. Training in March.

Basketball-Saturday and/or Sunday hours. Grades 4-6. Training in late November and December.

Volunteer this Summer!

- Lead or assist in children's activities
- Support your local community center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

Become part of our team!

Just call the team you want to work with.



WELLNESS FEATURE

Six Strikes Against Stroke

A stroke can be devastating, causing disabling numbness or loss of speech, vision, and mental function. You may prevent stroke by reducing these risks:

- 1 **High blood pressure** Essential to stroke prevention is keeping your BP below 140/90 with the help of behavior and medication.
- 2 **Diabetes and high cholesterol** Controlling blood sugar and cholesterol with diet, exercise, and medication can help protect the arteries and prevent stroke.
- 3 **Diet** Risk of stroke is lower in people who consume at least 5 servings of fruits and vegetables a day.
- 4 **Smoking** It doubles your risk of stroke, but the added risk recedes within 2-4 years of quitting.
- 5 **Alcohol** More than a drink a day may increase the risk of stroke.
- 6 **Lack of exercise** A major study showed those who got the most exercise had a 34%-48% reduction in total strokes.

For more information: see <http://www.americanheart.org> or <http://www.stroke.org>

SOS-Save Our Skin

Here are some guidelines for protecting your skin from the sun's damaging rays.

- Before every exposure to the sun, use a sunscreen with at least a 15 SPF. Reapply frequently, after swimming or perspiring heavily.
- Avoid sun exposure during midday (10:00am-3:00pm)
- Wear a brimmed hat to shade the face, ears and neck.
- Avoid sun bathing, sun lamps and tanning parlors
- Use sunscreen even on cloudy and overcast days. Clouds do not block damaging ultra violet rays.
- Teach children sun protection early in life. Consider it a healthy habit like brushing teeth.

Hearty Dashboard Dining

Eat healthy and reduce your cancer risk

For safety reasons, a driver should never eat while operating a car, but if your passengers are running late in the morning or need a quick dinner on the way to soccer practice, they may want a hearty meal for the ride. Passengers may enjoy one of the balanced, portable meals described below. Include fruit, vegetables, or 100% fruit juices for their cancer-fighting nutrients.

- Fill a baggie with dry cereal, dry roasted peanuts, and raisins. Take along boxed low-fat milk and orange juice. A handful of raisins and 6 oz. of juice provide two servings of fruit—a good start toward the goal of at least 5 fruits or veggies a day.
- Toast whole-grain bread for a sandwich of natural peanut butter and fruit-sweetened jelly. Bring a calcium-fortified orange juice box.
- Try a hard-boiled egg, mini-bagel, banana, and a juice box.
- Experiment with variations on cheese and crackers: whole-grain, saltine, or reduced-fat crackers with part-skim string cheese, an apple, and bottled water.
- Boost your calcium and protein with convenience products like yogurt in a tube, drinkable yogurt, lunch sized milk cartons, and regular single-serving yogurt (you'll need a spoon).
- Fill pita bread with fat-free tuna salad, fresh spinach or romaine lettuce; take along a milk box and a couple fig-filled cookies.
- Make a dinner wrap using a low-fat tortilla. Fill with low-fat deli meats and cheeses, sliced tomatoes, lettuce, sprouts, roasted red peppers, black beans, garbanzo beans, and/or leftover grilled chicken. To flavor and hold a vegetarian wrap together, thinly spread low-fat cream cheese or hummus on the tortilla, or add a small amount of low-fat ranch or blue-cheese salad dressing.

Source: American Cancer Society



Heart Smart Trail Walk

FREE 1.5 mile 'Family Fun' walk at Brookside Gardens in Wheaton. Strollers are welcome.

- Registration from 8:00-9:00am, opening ceremony with fitness warm-up from 9:00-10:00am
- Heart Smart Trail Walk from 10:00am-12:00pm
- Health Fair: free screenings (blood pressure, cholesterol, oral cancer, body fat percentage)
- Entertainment (disc jockey, face painting, coloring booth, and awards/prizes (T-shirts, pedometers, gym towels) and much more.

107611 Brookside Gardens 6/26 Sa 8:00am-12:00pm

TEEN ACTIVITIES

Summer Teen Centers

Summer Teen Centers for youth ages 13-16 feature a variety of daily activities including sports, music, arts and crafts projects, music, games, swimming and more! We are offering four, one-week sessions at three locations, Kingsview and Hoover Middle Schools and Wheaton High School. Weekly sessions are just \$40 and begin Tuesday, July 6. Hours are from 9:00am-3:30pm. For registration information, please call the Youth Services office.

Teen Travel Club

The Summer Teen Travel Club is offering four, one-week sessions of daily off-site trips for incoming 7th-10th graders. Activities will vary by day and week and include trips to amusement parks, water parks, beaches, rafting, tubing, and more! Weekly sessions are just \$230 for MCRD Teen Club members, \$240 for non-members and begin Tuesday, July 6. For registration information and drop off locations, please check out our web site or call the Youth Services office.

Under-21 County-wide Pool Parties

Exciting events are being planned for the summer! Come join the fun at one or all of our annual summer pool parties. All Montgomery County Middle and High School teens are welcome to come cool off during the hot summer months. For just \$3.00, teens can swim, play games, and listen to a deejay play their favorite music. School ID is required for admission. For more information, please call the Youth Services office.

Friday, July 9 8:30-11:00pm Wheaton/Glenmont Pool, 12621 Dalewood Drive, Wheaton

Friday, July 16 8:30-11:00pm Germantown Pool, 18905 Kingsview Road, Germantown

Friday, July 23 8:30-11:00pm Martin Luther King Outdoor Pool, 1201 Jackson Road, Silver Spring

Friday, July 30 8:30-11:00pm Western County Pool, 20151 Fisher Avenue, Poolesville



Teen Volunteer Opportunities

The Department of Recreation is always looking for teen volunteers 14 and older to make a difference in our county. Volunteers will receive student service learning hours for their service in our programs. Please call for applications.



BIG BUDDY

The Big Buddy/Little Buddy Mentoring Program pairs Montgomery County high school students with homeless children. For three hours a week, the buddies form a unique bond by playing games, reading together, playing sports, and just being friends. Once a month, the buddies as a group participate in a recreational, educational, community service and/or social event such as Adventure World, Seneca Creek State Park, or beautifying a neighborhood. There are two sessions, October through March and January through June. The application deadline for the fall session is mid September.

K.E.E.N. CLUB

Kids Enjoy Exercise Now pairs Montgomery County high school students with high school students with disabilities, forming partnerships through playing sports. The program meets every other Sunday throughout the academic year to play team oriented sports such as soccer, basketball, and swimming.

Youth Advisory Committee

Applications for the Youth Advisory Committee (YAC) are available to any Montgomery County middle and high school students who wish to make a difference. YAC is appointed by the County Executive and takes action on recommendations from its peers to improve the quality of life for Montgomery County youth. YAC meets weekly on Tuesday nights from September through June. For more information, call the Youth Services office.

CLASSES

Arts & Crafts for Youth

Canvas Painting

Ages 9-14: Discover how to paint with acrylic or oil paints on canvas. Draw and paint landscape, flowers, animals and abstracts. \$5 material fee due instructor first day. Bring drawing pad, pencil, eraser and markers to first class. Instructor provides additional supply list on first day.

5 Sessions **\$54.00**

Instructor: B.J. Asher

107173 Potomac CC 6/29 Tu 4:30pm-6:00pm

Art of Cartooning

Ages 8-14: Imagine the many forms of cartoon drawing fun, caricature, humorous cartoons, comic strips, story telling. Apply your powers of imagination to a variety of projects. Bring drawing pad, markers, black pen, pencils, tempera colors, brushes and eraser. Finish two projects of your choice. \$5 material fee due instructor at first class.

4 Sessions **\$45.00**

Instructor: B.J. Asher

107206 Wheaton CC 7/10 Sa 3:00pm-4:30pm

107207 Gwendolyn Coffield CC 7/17 Sa 11:00am-12:30pm

Creative Crusaders

Ages 9-14: Discover the mechanics of drawing as activities guide your artistic journey. Bring assorted large set and thin set of washable markers and 11 inches x 14 inches tablet of bond paper. \$6 material fee due to instructor at the first class.

8 Sessions **\$70.00**

Instructor: Margaret Deskin

107170 East County CC 6/19 Sa 10:30am-11:30am

Arts & Crafts for Adults



Close Up Photography

Ages 16&Up: Enrollment limited. Experience with SLR camera helpful. Take first-class close-up (macro) photographs of flowers, coins, stamps, bugs, jewelry, etc. Learn the tricks of the trade in a one-day workshop. Techniques described for all cameras, but participants will work with a 35mm single lens reflex (provided), but student may bring personal equipment too. Some lecture and lots of hands-on time. Actual photographs will be taken and reviewed in the session. Bring items you wish to photograph. \$9 material fee due to instructor.

1 Session **\$50.00**

Instructor: Lew Vendetti

106694 Ross Boddy CC 6/26 Sa 10:00am-3:30pm

Beginning Calligraphy 2

Ages 16&Up: Participants must have some rudimentary knowledge of materials and terminology. A continuation of beginning studies in calligraphy. Review the Italic and Foundational hand, and explore other popular lettering styles; such as Versals, Romans and Uncials. Work on practicing or individual projects in class with optional assignments. Discussion of quill and reed cutting, paste papers and simple book making will be included.

8 Sessions **\$100.00**

Instructor: Nelda Jansen

107396 Longwood CC 6/23 W 7:00pm-9:00pm

Acrylic Painting Techniques

Ages 15&Up: All ability levels: Learn to use acrylics to resemble the look of oil paintings. \$8 material fee due to instructor. Call 240-777-6870 for instructor's phone number to obtain additional material list. Please bring several pictures of what you would like to paint.

8 Sessions **\$100.00**

Instructor: Margaret Deskin

107165 Leland CC 6/21 M 7:00pm-9:00pm

107166 Bauer Drive CC 6/23 W 7:00pm-9:00pm

Paint Outdoors

Ages 16&Up: Enjoy using acrylics to look like oils while painting in beautiful outdoor locations. Brookside Gardens is the first location, others discussed at first class. \$5 material fee due instructor covers additional colors and pallet paper. Call 240-777-6870 for instructor's phone number to obtain additional material list.

5 Sessions **\$100.00**

Instructor: Margaret Deskin

107164 Brookside Gardens 7/11 Su 8:30am-11:30am

Oil Painting

Ages 13&Up: Beginning/Advanced: Discover techniques in painting with oil as well as landscapes: composition, perspective, color theory, light, shadow and more. \$45 material fee due to instructor. Bring paper towels.

5 Sessions **\$63.00**

Instructor: Yolanda Prinsloo-Phillips

107157 Potomac CC 6/28 M 7:00pm-9:00pm

107158 Leland CC 7/10 Sa 12:00pm-2:00pm

All About Herbs

Ages 13&Up: Each week a new herb program; growing, drying and using herbs, herbal delights, and herbs for your health. Discover how to dry herbs, cook and create with herbs and what herbs can be used to maintain good health. \$31 material fee due instructor covers all recipes, booklets, handouts and all materials. Third week class is two hours long.

3 Sessions **\$45.00**

Instructor: Donna Weeks

107252 Bauer Drive CC 7/7 W 7:00pm-8:30pm

Find a mistake?

We try our best to include something for everyone. Since some people like to find errors, we regularly include a few.

NEW Mosaic Fun

Ages 13&Up: Discover how to use this ancient art form in its updated version. Learn to use tile, stained glass, mosaics and grout to create works of art for your home. Your first piece is a wall hanging featuring flowers. The next week, advance your skills by making this useful all occasion table top (indoor or outdoor use) for your home. Second week class meets an extra hour. \$30 material fee due instructor at first class.

2 Sessions \$50.00

Instructor: Donna Weeks

107253 Bauer Drive CC 7/10 Sa 10:00am-1:00pm

Advanced Flower Design

Ages 18&Up: Participants need to have taken a fresh flower class before. Make more elaborate designs in this continuation of the introduction class. Bring your own vases or containers. \$13 per each class covers cost of flowers.

6 Sessions \$60.00

Instructor: Sharon Jeremiah

107498 Leland CC 6/29 Tu 7:00pm-9:00pm

Furniture Painting

Ages 16&Up: Bring your favorite chair, stool or piece of furniture (size constraint-it must fit in a compact car) and learn the art of painting to match your favorite fabric or be creative with your own design. \$35 material fee due to instructor at the first class.

3 Sessions \$55.00

Instructor: Abigail Dion

107761 Bauer Drive CC 5/27 Th 7:00pm-9:00pm

Handcrafted Pottery

Ages 16&Up: All levels: Introduction to techniques used in hand building pieces of functional and decorative pottery, and to potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$28 material fee includes 25 pounds of clay and firing, fee due instructor.

8 Sessions \$88.00

Instructor: Yolanda Prinsloo-Phillips

107161 Leland CC 6/24 Th 7:00pm-9:00pm

Pottery-Open Studio

Ages 16&Up: For the experienced potter who needs space to work on projects. Instructor available for technical support, glazes for cone 6 firings, and timely firing of pieces. Room equipped with wheels, slab roller and extruder. Bring clay tools, old towels. Material and firing fees vary based on production. Space is limited. Attend any four hours during open studio time. Class meets six weeks.

6 Sessions \$96.00

Instructor: Pamela Reid

106696 Ross Boddy CC 6/29 Tu 6:30pm-9:30pm

106695 Ross Boddy CC 6/29 Tu,Th 10:00am-2:00pm

Stained Glass-Copper Foil

Ages 18&Up: Build on the basic skills learned in a Leaded Stained Glass course (prerequisite) and discover the modern copper foil technique of stained glass crafting. Several projects, tailored to your skill level assigned, or bring ideas of your own. Copper foil enables a higher degree of detail in glass than is practical using lead came, and is authentic to the glass decorative arts of the Victorian period. \$18 material fee due to instructor covers supplies unique to copper foil, glass for the first two projects and use of tools. Bring bag lunch.

2 Sessions \$80.00

Instructor: Fran Asbeck

106699 Ross Boddy CC 7/31 Sa 9:30am-4:00pm

**Stained Glass-Leaded**

Ages 18&Up: Learn glass cutting, soldering, the use of glass working tools, techniques and terminology as you are guided step by step through several projects of increasing challenge. \$30 materials fee payable to instructor covers consumables, personal equipment, and use of tools. Bring a bag lunch.

2 Sessions \$80.00

Instructor: Fran Asbeck

106697 Ross Boddy CC 7/10 Sa 9:30am-4:00pm

Cooking

Basic Cooking Skills

Ages 15&Up: A full participation class where you learn to cook by doing. Learn basic knife skills, how to read and follow a recipe and how to buy good kitchen equipment including pots, pans and knives. Cooking basics will be covered including how to saute, sweat, roast and blanch. You will prepare and eat a full menu dinner. Take home recipes. \$12 food fee due to the instructor at the beginning of class.

1 Sessions \$45.00

Instructor: James Davis

107501 Ross Boddy CC 7/27 Tu 10:00am-1:00pm

Intermediate Cooking Skills

Ages 15&Up: A participation class with an emphasis on improving cooking skills! We'll stuff and tie a flank steak; make an appropriate pan sauce; fix a seasonal vegetable and finish with a special dessert. We eat what we fix! Take home recipes. \$12 food fee due to instructor at beginning of class.

1 Sessions \$45.00

Instructor: James Davis

107506 Ross Boddy CC 7/31 Sa 10:00am-1:00pm

Knife Skills

Ages 18&Up: A full participation class. You may use our knives, bring your own or purchase a selection we have available. You will learn how to purchase a knife, how to care for them, how to hone and sharpen them, and more importantly, how to use them safely and properly. We will prepare lunch, so bring an appetite. \$12 food fee due to instructor.

1 Sessions \$45.00

Instructor: James Davis

107500 Ross Boddy CC 7/17 Sa 10:00am-1:00pm

Grilling



Ages 15&Up: You will learn different styles of marinades and rubs for tasty and delicious grilled meats and vegetables. We always do ribs, this time Country Style smoked ribs. This full participation class will also prepare a grilled vegetable salad along with a grilled dessert. We eat what we fix so bring an appetite for this Saturday lunch class. \$12 food fee due to the instructor.

1 Sessions**\$45.00****Instructor:** James Davis

107510 Ross Boddy CC 8/7 Sa 10:00am-1:00pm

Grilled Pork Rib Chops With Fresh Herb Rub

Recipe by Jim Davis

- 1 Tbsp Garlic, chopped
- 1 Tbsp Fennel Seed
- 1 Tbsp Fresh Sage, chopped
- 1 Tbsp Fresh Rosemary, chopped
- 2 Tsp Coarse Salt
- 2 Tsp Black Pepper, coarsely ground
- 4 Ea Bone-in Pork Center Rib Chop,
- 1 Inch Thick (brined, if you like)



In a small food processor, combine the first six ingredients, pulse several times to blend well. Lightly coat each chop on both sides with the herb rub.

Sear over the hot part of the grill, move to a cooler part and cover the grill. Cook to an internal temperature of 145 to 150 degrees.

Let rest 5 minutes before cutting.

Intermediate: Prerequisite: Beginner ballroom course.**6 Sessions****\$72.00/couple****Instructor:** Ludwig Dahlberg

106955 Germantown ES 7/8 Th 9:00pm-10:00pm

Instructor: Paul Mola

106961 Bauer Drive CC 7/6 Tu 7:30pm-8:30pm

Instructor: Tony Seleme

106954 Bauer Drive CC 7/12 M 8:00pm-9:00pm

106956 Hollywood Ballroom 7/8 Th 8:00pm-9:00pm

Instructor: Thomas Woll/Anne Basso

106957 Indian Spring Terrace PC 7/8 Th 8:00pm-9:00pm

Advanced Intermediate: Prerequisite: Beginner and intermediate ballroom course.**6 Sessions****\$72.00/couple****Instructor:** Paul Mola

106963 Leland CC 7/8 Th 8:30pm-9:30pm

Advanced:**6 Sessions****\$72.00/couple****Instructor:** Thomas Woll/Anne Basso

106958 Indian Spring Terrace PC 7/8 Th 9:00pm-10:00pm

Ballroom Quickstep



Learn three International Quickstep amalgamations and be able to maneuver on a large dance floor.

6 Sessions**\$72.00/couple****Instructor:** Paul Mola

106962 Bauer Drive CC 7/6 Tu 8:30pm-9:30pm

Ballroom Practice & Parties



Beginner/Low Intermediate: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. Two potluck dinners during the course. \$20 per couple parties set-up fee due instructor. (3 hour class)

6 Sessions**\$144.00/couple****Instructor:** Tony Seleme

106960 Holiday Park SrC 7/9 F 7:00pm-10:00pm

Dance for Adults

Advertised class lengths include set up and take down. Actual instruction time may be less.

Ballroom Dance

Questions: Ludwig Dahlberg at 301-698-2789 or email ludwigdahlberg@yahoo.com

Paul Mola at 301-315-6226 or email paulmola@aol.com

Tony Seleme at 202-210-0022

Tom Woll at 703-591-3839

Ballroom Dance For Couples

**Beginner:** Covers standard ballroom dance favorites.**6 Sessions****\$72.00/couple****Instructor:** Ludwig Dahlberg

106950 Bells Mill ES 7/7 W 7:00pm-8:00pm

106949 Germantown ES 7/8 Th 8:00pm-9:00pm

Instructor: Paul Mola

106953 Leland CC 7/8 Th 7:30pm-8:30pm

Instructor: Tony Seleme

106948 Bauer Drive CC 7/12 M 7:00pm-8:00pm

106951 Hollywood Ballroom 7/8 Th 7:00pm-8:00pm

Instructor: Anne Basso

106952 Indian Spring Terrace PC 7/8 Th 7:00pm-8:00pm



Latin Survival for Singles



Beginner: Fun and interesting Latin rhythms: Cha Cha, Merengue, Rhumba and Tango. Create a foundation for all Latin dancing. Students change partners frequently. Questions: Call Ludwig Dahlberg at 301-698-2789 or email ludwigdahlberg@yahoo.com.

6 Sessions**\$36.00/single****Instructor:** Ludwig Dahlberg

106964 Bells Mill ES 7/7 W 8:00pm-9:00pm

106965 Germantown ES 7/8 Th 7:00pm-8:00pm

Latin Survival for Couples



Advanced: By invitation only. Questions: Call Ludwig Dahlberg at 301-698-2789 or email ludwigdahlberg@yahoo.com.

6 Sessions **\$72.00/couple**

Instructor: Ludwig Dahlberg
106966 Bells Mill ES 7/7 W 9:00pm-10:00pm

Salsa for Couples



Beginner: This is a hot dance that is on the rise worldwide.

6 Sessions **\$72.00/couple**

Instructor: Tony Seleme
106959 Hollywood Ballroom 7/8 Th 9:00pm-10:00pm

Folk Contra



Beginner/Intermediate: Contra dance is country dancing performed in long lines facing a partner. Questions: Call Betsy Taylor at 301-589-4868.

6 Sessions **\$27.00/couple**

Instructor: Betsy Taylor
106894 Argyle LP 7/7 W 7:30pm-9:00pm

Folk International



Beginner/Advanced: The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Questions: Call Phyllis Diamond at 301-871-8788 or email diamonddancecircle@comcast.net

6 Sessions **\$30.00/single**

Instructor: Phyllis Diamond
106944 Leland CC 7/12 M 7:30pm-10:00pm

Seniors Performing Group Show



Intermediate/Advanced Show: Approval of instructor needed. Questions: Call Frank Robson at 301-572-4975.

6 Sessions **\$18.00/single**

Instructor: Frank Robson
106794 Holiday Park SrC 7/8 Th 2:30pm-3:30pm

Seniors Folk Square Mainstream 2



For those who have completed Mainstream 1. Questions: Call Betsy Taylor at 301-589-4868.

6 Sessions **\$27.00/single**

Instructor: Betsy Taylor
106895 Long Branch CC 7/6 Tu 8:00pm-9:30pm

Seniors Folk Square Plus 3



For those who have completed Plus 2. Questions: Call Betsy Taylor at 301-589-4868.

6 Sessions **\$18.00/single**

Instructor: Betsy Taylor
106897 Schweinhaut SrC 7/8 Th 11:10am-12:10pm

Seniors Folk Square



Beginner: Questions: Call Betsy Taylor at 301-589-4868.

6 Sessions **\$18.00/single**

Instructor: Betsy Taylor
106896 Schweinhaut SrC 7/8 Th 10:10am-11:10am

Need an additional registration form?

Download one from our website at
www.montgomerycountymd.gov/rec

Fitness for Youth

See page 31 for Athletic Conditioning, Baton, Cheerleading and Pom Schools.

Baton 1 Beginner



Ages 5-12 Beginner: Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 301-865-5553.

6 Sessions **\$55.00**

Instructor: Julianna Duda
103596 Ride, Dr. Sally K. ES 6/23 W 6:15pm-7:00pm
103595 Damascus ES 6/24 Th 6:15pm-7:00pm

Fitness, Exercise and Wellness for Adults

Advertised class lengths include set up and take down. Actual instruction time may be less. Classes cancelled due to weather or other problems will be made up, if possible, by adding extra dates at the end of the session, adding extra time to sessions or by attending alternate locations.



A.C.T. The Workout



Ages 16&Up: A vigorous easy to follow coed class.

Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Designed to enable self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour. **Register any time during session. One of 4 punch cards (depending on the number of sessions the client desires) is purchased and provided to the client at the first class. It can be used at any ACT location listed below during the following 2 months.**

Class Locations, Days & Times:

Wheaton CC	Diggs	M,W	6:00pm-7:00pm
Wheaton CC	Casstellucci	T,Th	6:00pm-7:00pm
Bauer Dr. CC	Casstellucci	M, W	5:00pm-6:00pm
Bauer Dr. CC	Horowitz	M,W	6:00pm-7:00pm
East County CC	Korba	T,Th	7:00pm-8:00pm
Potomac CC	Ingrim/Andrews	T,Th	7:00pm-8:00pm
Wheaton CC	Casstellucci	Sat	9:00am-10:00am
Potomac CC	Ingrim/Andrews	Sat	9:00am-10:00am
Wayside ES	Doong	Sun	9:30am-10:30am

12 Session Pass **\$52.80**

Instructor: Company Staff: Castellucci Inc.

105463 TBA 6/1 Tu,W,Th,Sa,Su,M 6:00pm-7:00pm

18 Session Pass **\$73.80**

Instructor: Company Staff: Castellucci Inc.

105462 TBA 6/1 Tu,W,Th,Sa,Su,M 6:00pm-7:00pm

24 Session Pass **\$94.80**

Instructor: Company Staff: Castellucci Inc.

105461 TBA 6/1 Tu,W,Th,Sa,Su,M 6:00pm-7:00pm

36 Session Pass **\$136.60**

Instructor: Company Staff: Castellucci Inc.

105460 TBA 6/1 Tu,W,Th,Sa,Su,M 6:00pm-7:00pm

Bio Aerobics Cardio Fit High/Low 📅 ★

Ages 16&Up (13-16 if accompanied by a parent): A complete High/Low Impact fitness program to condition the cardiovascular system and tone and strengthen muscle groups through easy to learn choreographed dances. Participant can choose fitness level. Body sculpting included. Member IDEA and CPR certified instructors.

14 Sessions **\$52.50**

Instructor: Company Bio Aerobics Inc.

102526 Germantown CC 6/21 M,Th 7:00pm-8:00pm

Bio Aerobics Cardio Fit Low 📅 ★

Ages 16&Up (13-16 if accompanied by a parent): The same great workout as regular Bio Aerobics but with low impact moves for safe yet effective exercise.

14 Sessions **\$52.50**

Instructor: Company Bio Aerobics Inc.

105468 Long Branch CC 6/15 Tu,Th 6:45pm-7:45pm

Bio Cardio Fit Half Hour Workout 📅 ★

Ages 16&Up (13-16 if accompanied by a parent): Thirty packed minutes of Bio's regular aerobics. Use it alone or as a complement to the Tone & Firm class.

14 Sessions **\$26.25**

Instructor: Company Bio Aerobics Inc.

105470 Briggs Chaney MS 6/15 Tu,Th 7:30pm-8:00pm

Bio Aerobics Tone & Firm 📅 ★

Ages 16&Up (13-16 if accompanied by a parent): Increase flexibility, improve total body appearance, strengthen and tone abdominal, thighs and buttocks. Perfect for primary mat/floor exercise and to complement your regular aerobics program. Resistance devices optional.

14 Sessions **\$52.50**

Instructor: Company Bio Aerobics Inc.

105469 Briggs Chaney MS 6/15 Tu,Th 8:00pm-9:00pm

The Ultimate Boxing Workout 📅 ★

Ages 16&Up: Beginners Introduction to a boxer's workout. Designed to teach students eye, hand and foot coordination while incorporating a boxer's exercise workout. No physical contact. Develop discipline, gain confidence while incorporating team sportsmanship.

8 Sessions **\$60.00**

Instructor: Larry Johnson

107529 Fairland CC 6/19 Sa 10:00am-11:15am

The Ultimate Advanced Boxing Workout 📅 ★

Ages 16&Up: Prerequisite; the beginner level with Johnson.

8 Sessions **\$60.00**

Instructor: Larry Johnson

107530 Fairland CC 6/19 Sa 11:15am-12:30pm

Dynamic Boxing Ab Workout 📅 ★

Ages 16&Up: Improve cardiovascular fitness, strengthen abdominal region, burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball in class demo.

8 Sessions **\$36.00**

Instructor: Larry Johnson

107531 Fairland CC 6/19 Sa 12:30pm-1:15pm

Tip for a Healthier Life:

Move your body! Even short periods of activity can increase your fitness level.

**Dancin' Fitness** 📅 ★

Ages 16&Up: A full body aerobic workout for anyone who loves to dance. Routines choreographed to a variety of upbeat music: popular oldies, show tunes, country and jazz. Warm-up, stretching, abdominals, upper body toning with optional weights and cool-down. Instructors are trained and CPR certified.

12 Sessions **\$46.00**

Instructor: Company Staff: Dancin' Fitness

105471 Leland CC 6/21 M,W 6:10pm-7:10pm

105472 Potomac CC 6/22 Tu,Th 6:00pm-7:00pm

105473 Bauer Drive CC 6/22 Tu,Th 4:00pm-5:00pm

Definitions 📅 ★

Ages 16&Up: Strength Training: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE and CPR certified. Perfect for beginners and intermediates.

14 Sessions **\$63.00**

Instructor: Juliet Rodman

107347 Clara Barton CC 6/22 Tu,Th 8:00am-9:00am

Dynaerobics Body Challenge 📅 ★

Ages 16&Up: A full 75 minutes of coed fitness: aerobics plus body sculpting. Hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

14 Sessions **\$76.00**

Instructor: Ferhan Kiper Doyle

107509 Bauer Drive CC 6/22 Tu,Th 7:00pm-8:15pm

Dynaerobics 📅 ★

Ages 16&Up: Coed fitness: A total program, perfect for cross trainers. Energizing warm up, choreographed, safe hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

7 Sessions **\$30.00**

Instructor: Company Staff: Dynaerobics

107505 Bauer Drive CC 6/26 Sa 9:00am-10:00am

14 Sessions **\$60.00**

Instructor: Company Staff: Dynaerobics

107504 Bauer Drive CC 6/22 Tu,Th 6:00pm-7:00pm

Dynaerobics Body Sculpting

Ages 16&Up: A serious workout to firm all major muscle groups. Special attention given to the abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional.

7 Sessions \$30.00

Instructor: Company Staff: Dynaerobics

107508 Bauer Drive CC 6/26 Sa 10:00am-11:00am

12 Sessions \$51.00

Instructor: Company Staff: Dynaerobics

107507 Bauer Drive CC 6/21 M,W 6:00pm-7:00pm

Fitness Workouts: One on One Training

Ages 13&Up: Under the direct supervision of Douglas C. Schwanke, BS NSPA Certified Conditioning Specialist and Personal Trainer, individuals of all ages can learn benefits of exercise through one on one training in various strength training exercises (free weights, calisthenics, and isometric training) and cardiovascular conditioning. All sessions held at the Bauer Drive, Potomac or Coffield Community Center. Days and times arranged by appointment. **After you register, you will be mailed a confirmation with the name and phone number of the instructor for you to contact to schedule your training time and location.**

2 Thirty minute sessions or 1 One hour session for \$52.00

Instructor: Douglas Schwanke

107539 TBA 6/5 TBA TBA

107540 TBA 6/19 TBA TBA

107544 TBA 7/10 TBA TBA

107545 TBA 7/24 TBA TBA

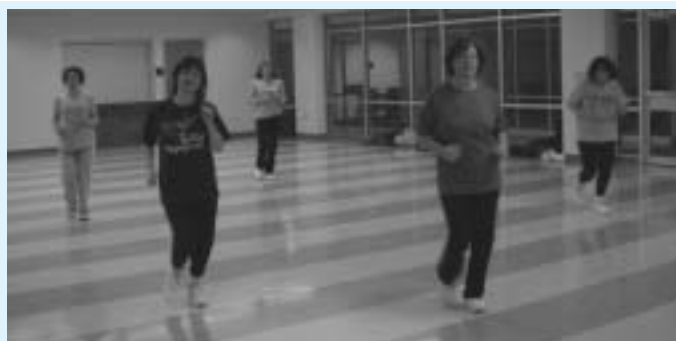
Fitness Workouts: Weight Training

Ages 16&Up: Small group introductory instruction designed to teach individuals safe and effective exercises that work all major muscle groups using machines, free weights and dumbbells. Instructor is NSPA Certified Trainer.

4 Sessions \$58.00

Instructor: Douglas Schwanke

107547 Potomac CC 6/26 Sa 10:00am-11:00am

**Jazzmatazz Aerobics**

Ages 16&Up: A lively, choreographed, low impact/high intensity aerobic workout that emphasizes muscular strength and flexibility along with cardiovascular strength and endurance. Spri Xertubes (available from the instructor for \$10) are required for strength training. Students are strongly urged to register for at least two days a week to achieve the best results.

8 Sessions \$40.00

Instructor: Betsy Saunders

107199 Fairland CC 6/15 Tu 5:30pm-6:30pm

107201 Wheaton CC 6/15 Tu 7:15pm-8:15pm

107200 Fairland CC 6/17 Th 5:30pm-6:30pm

107202 Wheaton CC 6/17 Th 7:15pm-8:15pm

Jazzmatazz Pilates

Ages 16&Up: A Pilates exercise program rooted in modern/jazz dance. A series of choreographed, but gentle, non-impact exercises designed to develop core abdominal muscles for spinal and lower back stabilization, strengthen the body while lengthening muscles, and increase overall flexibility. These exercises have long been used by dancers to achieve their strong, lean, and supple bodies. For maximum benefits, students are strongly urged to register for both days.

6 Sessions \$37.50

Instructor: Betsy Saunders

107345 Sligo MS 6/21 M 7:00pm-8:15pm

8 Sessions \$50.00

Instructor: Betsy Saunders

107346 Sligo MS 6/16 W 7:00pm-8:15pm

Jazzmatazz Aerobics Light

Ages 18&Up: Active Seniors and Beginners A fun filled, choreographed workout that is similar to Jazzmatazz, but is lower to no impact, and still emphasizes muscular strength and flexibility along with cardiovascular strength and endurance. Spri Xertubes (available from the instructor for \$10) are required for strength training. To achieve the best results, students are strongly urged to register for both days.

8 Sessions \$40.00

Instructor: Betsy Saunders

105475 Wheaton CC 6/15 Tu 9:00am-10:00am

107344 Wheaton CC 6/17 Th 9:00am-10:00am

Jazzercise

Ages 18&Up: The world's largest dance fitness program choreographed by Judi Sheppard Missett. Includes 6-8 min. warm up, 25-30 min. aerobic activity, floor routines for toning and strengthening, and a stretch/cool down period. Combines no impact, low impact and impact movements. Registration includes 6 weeks unlimited attendance any day.

6 weeks \$35.00

Instructor: Diane Elmore

107520 Upper County CC 7/1 Tu,Th,F 9:30am-10:30am
M, W 6:30pm-7:30pm

Kelley's Complete Fitness Workout

Ages 13&Up: Safe, effective exercises to strengthen and tone major muscle groups. Stretching warm up muscles for flexibility, sensible aerobics to condition, burn fat and strengthen cardiovascular system, relaxation techniques and emphasis on proper body alignment and posture. Hand weights optional. Instructor is a physical education teacher with BS and 20 years experience.

4 Sessions \$20.00

Instructor: Pamela Kelley

107348 Wheaton CC 6/14 M 9:00am-10:15am

107349 Longwood CC 6/14 M 7:00pm-8:15pm

107350 Bauer Drive CC 6/16 W 9:00am-10:15am

107351 Longwood CC 6/16 W 7:15pm-8:30pm

107352 Wheaton CC 6/17 Th 9:00am-10:15am

Susan Taylor Workouts

Ages 16&Up: Both classes offer a Hi/Lo choice. Enjoy real music and lightly choreographed routines. Mat exercise (combination of Pilates and Yoga for general exercise classes) is the method used for stretch and tone.

12 Sessions \$54.00

Instructor: Susan J. Taylor

107527 Leland CC 6/29 Tu,Th 6:00pm-7:00pm

Massage Institute I Back Massage 📅 ★

Ages 18&Up: How to do back massage: Learn basic anatomy, massage strokes, contraindications, how the body can benefit from and how to give a great seated massage. Instructor is a certified Massage Practitioner. All massages are done fully clothed. Bring massage oil or body lotion to class.

1 Sessions **\$22.00**

Instructor: Douglas Schwanke

107548 Germantown CC 6/21 M 7:00pm-9:00pm

Massage Institute II Foot Massage 📅 ★

Ages 18&Up: How to do foot massage-Basic Reflexology: Learn to give a great foot massage! Learn basic anatomy of the foot, basic massage strokes, contraindications, and how the body can benefit from foot massage. Please bring a mat and massage oil, or body lotion to class.

1 Sessions **\$22.00**

Instructor: Douglas Schwanke

107549 Potomac CC 7/12 M 7:00pm-9:00pm

**Pilates (Stretch & Strengthen)** 📅 ★

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

9 Sessions **\$72.00**

Instructor: Network, Inc Wellness

107294 Olney Swim Center 6/10 Th 9:30am-10:45am

107295 Olney Swim Center 6/12 Sa 8:30am- 9:30am

Hatha Yoga 📅 ★

Ages 16&Up: Beginning yet Physically Challenging: Develop agility, balance, muscle tone, endurance and vitality, reduce fatigue and aid in bringing relaxation to the body and mind. Learn new postures (Asana) each week. All classes taught in a progressive, modular concept to form a sequence for use in daily home practice. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

6 Sessions **\$63.00**

Instructor: Richard Tyson

107494 Norbeck-Muncaster Mill NP 6/14 M 7:00pm-8:30pm

107496 Upper County CC 6/15 Tu 7:00pm-8:30pm

107497 Norbeck-Muncaster Mill NP 6/17 Th 7:00pm-8:30pm

Hatha Yoga Multi Level 📅 ★

Ages 16&Up: For continuing students and beginning students as well.

6 Sessions **\$63.00**

Instructor: Richard Tyson

107499 Bauer Drive CC 6/19 Sa 12:30pm-2:00pm

**Hatha Yoga and Stress Management** 📅 ★

Ages 16&Up: Beginner: Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

7 Sessions **\$56.00**

Instructor: Suzana Cooper

107522 Leland CC 6/18 F 10:30am-11:30am

Hatha Yoga and Stress Management 2 📅 ★

Ages 16&Up: Intermediate/Advanced: Prerequisite-beginner class with Cooper.

7 Sessions **\$70.00**

Instructor: Suzana Cooper

107523 Leland CC 6/18 F 9:15am-10:30am

Vini Yoga 📅 ★

Ages 16&Up: Mixed levels Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility and learn to release tension. Introduction to meditation.

7 Sessions **\$61.00**

Instructor: Patricia Miller

107532 Potomac CC 6/17 Th 9:15am-10:30am

107533 Potomac CC 6/17 Th 6:30pm-7:45pm

Vini Yoga Intermediate 📅 ★

Ages 16&Up: Previous yoga experience required. More emphasis on sequences, breathing, and meditation.

6 Sessions **\$53.00**

Instructor: Patricia Miller

107536 Potomac CC 6/21 M 6:30pm-7:45pm

Vini Easy Going Yoga 📅 ★

For Seniors and All Others: Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength flexibility; release tension. Introduces meditation.

7 Sessions **\$61.00**

Instructor: Patricia Miller

107537 Potomac CC 6/17 Th 10:45am-12:00pm

Instructional Sports

See page 31 for Fencing, page 32 for Tennis and Golf Schools.

Gymnastics



★ NEW ★ Tumbling Format

Ages 3-6: Beginner: Enjoy learning beginning tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessions **\$65.00**

Instructor: Denise Schattenberg

107148	Clarksburg LP	6/24	Th	1:00pm-1:45pm
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Skill Development Phase I

Ages 4-6: Enjoy an introduction to obstacle course tumbling (forward rolls, cartwheels and handstands), bars (learn how to swing, skin the cat and front rolls), and vaulting.

6 Sessions **\$70.00**

Instructor: Boz Mofid

107153	Gymnastics of America, Inc.	6/26	Sa	9:00am-9:45am
107150	Gymnastics of America, Inc.	6/29	Tu	4:00pm-4:45pm

Skill Development Phase II

Ages 7-14: Beginner: introduced to gymnastics exercises including tumbling (headstands, cartwheels and bridges), bars (skin the cat, pull overs and casts), and vaulting (jumping on the board, squat ons, straddle ons).

6 Sessions **\$75.00**

Instructor: Boz Mofid

107154	Gymnastics of America, Inc.	6/26	Sa	10:00am-11:00am
107151	Gymnastics of America, Inc.	6/30	W	5:00pm-6:00pm

Rhythmic/Artistic Combo

Ages 6-14: Beginner: Learn various gymnastics apparatus and the use of ribbons, hoops and ropes, artistic dance steps. Skills on the trampoline and floor exercise tumbling taught. 301-977-3835.

6 Sessions **\$110.00**

Instructor: Boz Mofid

107155	Gymnastics of America, Inc.	6/26	Sa	1:00pm-2:30pm
107152	Gymnastics of America, Inc.	7/1	Th	5:00pm-6:30pm

Tennis

Outdoor Tennis

Ages 8-15: Beginner/Advanced Beginner \$10 materials fee due to the instructor at the first class.

5 Sessions **\$99.00**

Instructor: Benjamin Woods

107515	Leland NP	7/12	M	4:00pm-5:00pm
103599	Sligo MS	7/13	Tu	4:00pm-5:00pm
107513	Olney Manor RP	7/16	F	4:00pm-5:00pm

Ages 8-15: Intermediate: Perfect your basic skills through advanced level instruction on forehand, backhand, volley and serve. Bring your tennis game up a notch and enjoy being an intermediate level player. \$10 materials fee due to the instructor at the first class.

5 Sessions **\$99.00**

Instructor: Benjamin Woods

107517	Leland NP	7/12	M	5:00pm-6:00pm
107516	Sligo MS	7/13	Tu	5:00pm-6:00pm
107514	Olney Manor RP	7/16	F	5:00pm-6:00pm

Golf



Instructional Basics

Ages 10&Up: Basic lessons in golf: learn how to hold and pick a golf club, the stance and how to do a golf swing. Information on etiquette, where to practice and play golf, what to expect regarding fees, golf carts and what some golf terminology means. Leave the class knowing what to expect when you arrive at the golf course and how to function in a foursome. Within no time you will feel like one of the hackers on the course and have started yourself in the exciting networking world of golf. Taught by PGA Professional and Masters player, Charlie Bassler. \$25 ball fee due to the instructor at the first class.

4 Sessions **\$110.00**

Instructor: Charles Bassler

107171	Konterra Golf Driving Range	6/12	Sa	10:00am-11:00am
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Swing-the-Club Classes



Ages 13&Up: Beginner's Class: Enrollment limited to 8 Students. Skills instruction of proper grip, stance, swing and special strokes. Student will receive positive critique of their swing and game strategy guidance. \$25 ball fee due payable to the instructor at the first class.

5 Sessions

\$110.00

Instructor: Kent Keith

107147 Northwest Golf Course 6/30 W 7:00pm-8:00pm

Tennis

Outdoor Tennis



Ages 16&Up: Beginner/Advanced Beginner \$10 materials fee due to the instructor at the first class.

5 Sessions

\$110.00

Instructor: Benjamin Woods

107594 Leland NP 7/12 M 6:00pm-7:00pm

107595 Sligo MS 7/13 Tu 6:00pm-7:00pm

107512 Olney Manor RP 7/16 F 6:00pm-7:00pm

Martial Arts for Youth

Advertised class lengths include set up and take down. Actual instruction time may be less. Classes cancelled due to weather or other problems will be made up, if possible, by adding extra dates at the end of the session, adding extra time to sessions or by attending alternate locations.



Karate/Jujitsu



Ages 6-12 (New minimum-students must be 6 at the start of class): The physical and psychological aspects taught. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association. All locations accept Beginning through Advance students, however, at the following sites where both a 6:00pm and 7:00pm option is offered, beginning instruction is only given at the 6:00pm class. At Upper County CC, Bauer CC, Resnik ES, Fairland CC, Rolling Terrace ES and Dufief ES beginners must attend at 6:00pm at all other sites beginners may attend the later time.

6 Sessions

\$25.00

Instructor: Company Staff: TKA, Inc.

106221 Longwood CC 6/28 M 7:00pm-8:00pm

106222 Upper County CC 6/28 M 6:00pm-7:00pm

106223 Upper County CC 6/28 M 7:00pm-8:00pm

106224 Wheaton CC 6/28 M 7:00pm-8:00pm

8 Sessions

\$33.00

Instructor: Company Staff: TKA, Inc.

106225 Baker, John T. MS 6/15 Tu 7:00pm-8:00pm

106227 Bauer Drive CC 6/16 W 6:00pm-7:00pm

106228 Bauer Drive CC 6/16 W 7:00pm-8:00pm

106229	Potomac CC	6/16	W	7:00pm-8:00pm
106230	Resnik, Judith A. ES	6/16	W	6:00pm-7:00pm
106231	Resnik, Judith A. ES	6/16	W	7:00pm-8:00pm
106232	Clara Barton CC	6/16	W	7:00pm-8:00pm
106233	Stedwick ES	6/16	W	7:00pm-8:00pm
106234	Fairland CC	6/17	Th	6:00pm-7:00pm
106235	Fairland CC	6/17	Th	7:00pm-8:00pm
106236	Dufief ES	6/17	Th	6:00pm-7:00pm
106237	Dufief ES	6/17	Th	7:00pm-8:00pm
106238	Poolesville HS	6/17	Th	7:00pm-8:00pm
106239	Rolling Terrace ES	6/17	Th	6:00pm-7:00pm
106240	Rolling Terrace ES	6/17	Th	7:00pm-8:00pm
106241	Bethesda ES	6/17	Th	7:00pm-8:00pm
106226	Germantown CC	6/22	Tu	7:00pm-8:00pm

Martial Arts for Teens & Adults

Karate/Jujitsu Adults



Ages 13&Up: Introduction to physical and psychological aspects of Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advance students.

6 Sessions

\$33.00

Instructor: Company Staff: TKA, Inc.

107551 Upper County CC 6/28 M 8:00pm-9:30pm

107552 Wheaton CC 6/28 M 8:00pm-9:30pm

8 Sessions

\$44.00

Instructor: Company Staff: TKA, Inc.

107554 Baker, John T. MS 6/15 Tu 8:00pm-9:30pm

107555 Bauer Drive CC 6/16 W 8:00pm-9:30pm

107556 Clara Barton CC 6/16 W 8:00pm-9:30pm

107557 Potomac CC 6/16 W 8:00pm-9:30pm

107558 Stedwick ES 6/16 W 8:00pm-9:30pm

107559 Bethesda ES 6/17 Th 8:00pm-9:30pm

107560 Fairland CC 6/17 Th 8:00pm-9:30pm

107561 Dufief ES 6/17 Th 8:00pm-9:30pm

107562 Rolling Terrace ES 6/17 Th 8:00pm-9:30pm

107553 Germantown CC 6/22 Tu 8:00pm-9:30pm

Karate/Jujitsu Club



Ages 13&Up: Brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Must be registered in a regular TKA class during the same season.

8 Sessions

\$25.00

Instructor: Company Staff: TKA, Inc.

107550 Bauer Drive CC 6/18 F 7:00pm-9:00pm

Kendo-Beginner



Ages 13&Up: Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Material fee of \$27 is due to the instructor to cover cost of shinai. Also see Shodo, an excellent complement to this training.

7 Sessions

\$44.00

Instructor: Shiro Shintaku

107524 Tilden MS 6/24 Th 7:15pm-8:15pm

Kendo-Advanced**Ages 13&Up:** Pre-requisite, beginners class with Shiro Shintaku.**7 Sessions****\$44.00****Instructor:** Shiro Shintaku

107525 Tilden MS

6/24 Th

8:15pm-9:15pm

Shodo**Ages 13&Up Beginner/Intermediate:** Japanese Brush Writing, the mental and physical expression of thoughts, feelings and interpretations through the written word, is part of the training of the true Samari. Helps to develop good concentration, natural hand motion and mental calmness with this introduction to the Japanese language. \$19 material fee due to instructor. An excellent compliment to Kendo .**7 Sessions****\$44.00****Instructor:** Shiro Shintaku

107526 Tilden MS

6/24 Th

6:00pm-7:00pm

Music**Guitar Level I Beginner****Ages 9&Up:** Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. \$14 materials fee due to the instructor at the first class, includes: an instructional songbook, additional song sheets and handouts. Please bring a fully strung guitar (preferably acoustic), electronic tuner and pencil. Questions: Call Brian Gross at 301-320-6999.**8 Sessions****\$100.00****Instructor:** Brian Gross

103597 Tilden MS

6/22 Tu

7:00pm-8:15pm

Guitar Level II**Ages 9&Up:** Learn more songs and new chords including barre and power chords, and left hand techniques. \$20 materials fee includes instructional book, additional packet of songs and handouts, please pay to the instructor at your first class. Please bring a fully strung guitar, electronic tuner and pencil. New students with applicable experience/knowledge welcome. Questions: Call Brian Gross at 301-320-6999.**8 Sessions****\$100.00****Instructor:** Brian Gross

107156 Tilden MS

6/22 Tu

8:15pm-9:30pm

Tiny TotsSee *Schools & Clinics*, page 30, for more Tiny Tot programs.**Art Adventures****Ages 2-5:** All that glitters is...Art Adventures! Join us for creativity, fun, motor skill development, language, and socialization in an adventure with colors, textures, paints, and glitter too! \$10 material fee due to instructor. Adult participation required. Is your child ready for more than forty-five minutes of fun? Check out the Me Too class!**4 Sessions****\$26.00****Instructor:** Ms. Sharon

106545 Potomac CC

7/13 Tu

9:30am-10:15am

106547 Potomac CC

7/13 Tu

10:15am-11:00am

106546 Potomac CC

7/13 Tu

1:00pm-1:45pm

107162 Potomac CC

7/14 W

10:00am-10:45am

107163 Potomac CC

7/14 W

11:00am-11:45am

106548 Leland CC

7/15 Th

9:30am-10:15am

106549 Leland CC

7/15 Th

10:15am-11:00am

106550 Leland CC

7/15 Th

1:00pm-1:45pm

**Busy Bees****Ages 2½-4:** Bee there and enjoy a wonderful, fun filled hour of creative movement, songs and crafts. Buzz in with a sibling, friend or fly solo and make joyful noises and monstrous messes in this honey of a social hour. Adult participation required. \$10 material fee due to instructor.**5 Sessions****\$43.00****Instructor:** Ms. Cathy

106556 Leland CC

6/28 M

9:15am-10:15am

106557 Leland CC

6/28 M

10:30am-11:30am

Tiny Hand Crafts Summer Fun**Ages 2-7:** Come join us for a big 'handful' of fantastic activities and crafts. Each class we'll visit exciting and familiar places such as a pond and our backyard, explore transportation methods, make memory albums of our families and more! A cool opportunity to experience new textures, explore, play and socialize. Create 3-4 incredible crafts per day. \$22 material fee due to the instructor. Parent participation required. Too busy to commit to four weeks? Check out our new two day per week option!**4 Sessions****\$35.00****Instructor:** Tiny Hands

106613 Quince Orchard Valley NP

6/21 M

12:00pm-1:00pm

107198 Quince Orchard Valley NP

6/23 W

12:00pm-1:00pm

107197 Quince Orchard Valley NP

6/21 M,W

1:15pm-2:15pm

106614 Ken-Gar Palisades LP

6/22 Tu

10:00am-11:00am

106615 Ken-Gar Palisades LP

6/22 Tu

11:15am-12:15pm

Babies Music Morning**Ages 12-24 months:** Exposure to music to help infants develop a sense of timing, pitch and language skills through body movements, action songs, floor and lap games and rhymes and lullabies. Simple and safe percussion instruments used. \$10 material fee due to instructor. Adult participation required.**5 Sessions****\$42.00****Instructor:** Linda Taousakis

106552 Capital View-Homewood LP

6/22 Tu

9:15am-10:00am

106551 Ken-Gar Palisades LP

6/23 W

9:15am-10:00am

106553 Glenmont LP

6/24 Th

9:15am-10:00am

Tip for a Healthier Life:

Wear sunscreen whenever you are in the sun; always use SPF 15 or above. Avoid direct exposure 10:00am-2:00pm when the sun is strongest.

Tiny Tots Music Morning-Summer Fun ★

Ages 2-5: Songs with a summer theme! Develop musical skill while singing, moving to songs, dancing to classical through jazz and more! A variety of simple percussion instruments are used in a fun and educational setting. A new instrument and theme introduced each week. The curriculum is based on those from music conservatories with fun, enjoyable and wonderful results. Adult participation required. \$10 material fee due to instructor.

5 Sessions

\$42.00

Instructor: Linda Taousakis

106617	Wheaton Regional Library	6/21	M	10:15am-11:00am
106618	Wheaton Regional Library	6/21	M	11:05am-11:50am
106619	Capital View-Homewood LP	6/22	Tu	10:15am-11:00am
106620	Ken-Gar Palisades LP	6/23	W	10:15am-11:00am
106621	Ken-Gar Palisades LP	6/23	W	11:05am-11:50am
106622	Glenmont LP	6/24	Th	10:15am-11:00am
106623	Glenmont LP	6/24	Th	11:05am-11:50am

Discovering Music For Infants ★

Ages 6 months-1 year: A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$20 material fee due to instructor.

5 Sessions

\$40.00

Instructor: Music for Life

106559	Clara Barton CC	6/22	Tu	9:15am-10:00am
106561	Upper County CC	6/23	W	9:15am-10:00am
106560	East County CC	6/24	Th	9:15am-10:00am

Discovering Music for Toddlers ★

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and are not required to be registered. After 8 months, siblings must register and pay class fee. On line registration not available for 0-8 months, call 240-777-6870. Adult participation required. \$20 material fee due to instructor.

5 Sessions

\$40.00

Instructor: Music for Life

106562	Clara Barton CC	6/22	Tu	10:15am-11:00am
106563	Clara Barton CC	6/22	Tu	11:15am-12:00pm
106564	Upper County CC	6/23	W	10:15am-11:00am
106565	Upper County CC	6/23	W	11:15am-12:00pm
106566	East County CC	6/24	Th	10:15am-11:00am

Me Too ★

Ages 2-4: Combines exercise, dance, games, songs, and parachute fun to develop motor skills, educational concepts, and self esteem. Adult participation required. \$6 material fee due to instructor. Is your child ready for more than forty-five minutes of fun? Check out the Art Adventures class!

4 Sessions

\$26.00

Instructor: Ms. Sharon

106603	Potomac CC	7/13	Tu	11:00am-11:45am
106604	Leland CC	7/15	Th	11:00am-11:45am

Tip for a Healthier Life:

Spend at least 30 minutes each day doing something you like to do.



Funfit® One ★

Ages 1-2: A fun-filled adult/child high-energy activity class includes songs, stories, parachutes, games, balls, music, and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for you and your child. Adult participation required. Child must be walking. \$10 material fee due to instructor.

6 Sessions

\$46.00

Instructor: Funfit®

106572	Glenmont LP	6/21	M	9:30am-10:15am
106573	Glenmont LP	6/21	M	10:15am-11:00am
106587	Potomac CC	6/21	M	4:00pm-4:45pm
106577	Quince Orchard Valley NP	6/22	Tu	4:00pm-4:45pm
106578	Gwendolyn Coffield CC	6/22	Tu	9:30am-10:15am
106579	Gwendolyn Coffield CC	6/22	Tu	10:15am-11:00am
106586	Fairland CC	6/22	Tu	10:00am-10:45am
106576	Capital View-Homewood LP	6/23	W	9:30am-10:15am
106580	Potomac CC	6/23	W	9:30am-10:15am
106581	Potomac CC	6/23	W	10:15am-11:00am
106582	Ken-Gar Palisades LP	6/24	Th	9:30am-10:15am
106585	Quince Orchard Valley NP	6/25	F	9:30am-10:15am

Funfit® Two ★

Ages 2-3: Adult participation required. Child must be walking. \$10 material fee due to instructor.

6 Sessions

\$46.00

Instructor: Funfit®

106589	Glenmont LP	6/21	M	11:00am-11:45am
106597	Potomac CC	6/21	M	4:45pm-5:30pm
106590	Fairland CC	6/22	Tu	10:45am-11:30am
106592	Gwendolyn Coffield CC	6/22	Tu	11:00am-11:45am
106593	Potomac CC	6/23	W	11:00am-11:45am
106594	Ken-Gar Palisades LP	6/24	Th	10:15am-11:00am
106595	Quince Orchard Valley NP	6/25	F	10:15am-11:00am

Family Funfit® ★

Ages 18 months-4 years: A fun filled, high energy activity class that includes games, songs, stories, music, parachute, balls, and more! A great workout for the whole family! Adult participation required. Children must be walking. \$10 family material fee due to the instructor. Price is per child.

6 Sessions

\$46.00

Instructor: Funfit®

106568	Quince Orchard Valley NP	6/22	Tu	4:45pm-5:30pm
106570	Fairland CC	6/22	Tu	11:30am-12:15pm
106567	Capital View-Homewood LP	6/23	W	10:15am-11:00am
106571	Ken-Gar Palisades LP	6/24	Th	11:00am-11:45am
106569	Quince Orchard Valley NP	6/25	F	11:00am-11:45am

Wee Wanna Be Summer Siblings



Ages 2-5: Which sports players do your kids pretend to be? This innovative sports program builds self-esteem and confidence! Boys and girls will be introduced to, soccer, t-ball, lacrosse, tennis, golf, agility training, and other sports through supervised, non-competitive play sessions. Each child can participate at his/her own pace. Adult participation required. Note: Classes will be held outdoors. Classes may be cancelled due to inclement weather. Parents and children, please dress appropriately and bring water/juice. \$10 material fee due instructor at the first class. For inclement weather cancellations and other information please call 301-983-2690.

6 Sessions**\$48.00****Instructor:** Computer Technology Inc. CTI

106626	Potomac CC	6/22	Tu	9:00am-9:45am
106627	Potomac CC	6/22	Tu	9:45am-10:30am
107174	Germantown CC	6/23	W	9:00am-9:45am
107175	Germantown CC	6/23	W	9:45am-10:30am
107176	Potomac CC	6/24	Th	9:00am-9:45am
107177	Potomac CC	6/24	Th	9:45am-10:30am
106624	Bauer Drive CC	6/25	F	9:00am-9:45am
106625	Bauer Drive CC	6/25	F	9:45am-10:30am



NEW Coach Doug's Summer Sports School



Ages 4-7: Join us for this innovative program based on the principals of the highly successful We Wanna Be classes which treat each child as a winner thus building self-esteem and enhancing cooperation. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized and each child will receive a t shirt. Sports include: soccer, lacrosse and more! \$10 material fee due to instructor.

6 Sessions**\$60.00****Instructor:** Computer Technology Inc. CTI

107194	Leland CC	6/22	Tu	5:00pm-5:45pm
107195	Potomac CC	6/23	W	5:00pm-5:45pm
107196	Bauer Drive CC	6/24	Th	5:00pm-5:45pm
107612	Germantown CC	6/26	Sa	9:30am-10:15am
107613	Germantown CC	6/26	Sa	10:30am-11:15am

Need an additional registration form?

Download one from our website at
www.montgomerycountymd.gov/rec

Xciting Xtras

Dog Obedience

When deemed necessary by instructor, dogs may be assigned to a class better suited to their level of performance or owner may be asked to remove dogs from program. All pet vaccinations must be current. Prong collars are not permitted. Questions: Call Wortley Ganoe at 301-946-5645.

Puppy Kindergarten



Ages: Trainers 12&Up/Puppies 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy.

6 Sessions**\$38.00****Instructor:** Wortley Ganoe

106945	MCRD Offices	7/10	Sa	9:30am-10:30am
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Basic Dog Obedience



Ages: Trainer 12&Up/Dogs 5 months &Up: Training lead and collar required. Teach your dog to heel on a loose lead and come when called. Sit, down, stand and stay positions taught. Help with individual behavior problems. \$5 material fee due at Ms. Luecke's classes only.

6 Sessions**\$38.00****Instructor:** Wortley Ganoe

106947	MCRD Offices	7/10	Sa	10:30am-11:30am
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Intermediate Dog Obedience



Ages: Trainers 12&Up/Dog 6 months &Up: Prerequisite (a basic course). The goal is to have dogs heeling by voice or hand signals.

6 Sessions**\$38.00****Instructor:** Wortley Ganoe

107444	MCRD Offices	7/10	Sa	11:30am-12:30pm
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Boating

Maryland Boating Basics



Ages 16&Up: This boating safety course is approved by Maryland Natural Resources Police and a certificate will be issued upon completion. Covers types of boats and motors, legal requirements for boat ownership, navigation rules, boat operation, accidents, and other special topics. Course is a mandatory requirement for a boat operation license.

3 Sessions**\$20.00****Instructor:** Owen P. Gormley

107146	Potomac CC	5/25	Tu,Th	6:30pm-9:30pm
107144	Bauer Drive CC	7/8	Th,Tu	6:30pm-9:30pm
107145	TBA	8/10	Tu,Th	6:30pm-9:30pm

See page 31 for Sailing Programs.

SCHOOLS & CLINICS

Programs will not meet on July 5.

Club Holiday Endless Summer ★

Ages 3-12: Your director will provide time to enjoy age appropriate sports, games, arts and crafts and more plus time to chat and visit with your friends. The program will feature organized activities as well as special events. Club Holiday fits into everyone's schedule! Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials. Note: Little Skippers ages 3-5 will rotate through age appropriate activities and may only register for the half-day session!

5 sessions \$95.00

Instructor: Computer Technology Inc. CTI

107614	Leland CC	8/9	M,Tu,W,Th,F	9:30am-12:30pm
107617	Bauer Drive CC	8/16	M,Tu,W,Th,F	9:30am-12:30pm
107813	Potomac CC	8/23	M,Tu,W,Th,F	9:30am-12:30pm

5 sessions \$115.00

Instructor: Computer Technology Inc. CTI

107615	Leland CC	8/9	M,Tu,W,Th,F	9:30am- 3:30pm
107616	Bauer Drive CC	8/16	M,Tu,W,Th,F	9:30am- 3:30pm
107814	Potomac CC	8/23	M,Tu,W,Th,F	9:30am- 3:30pm

Club Holiday Extended Day ★

Children registered for Club Holiday are eligible to register for an extended day program for an additional fee. The program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only.

5 sessions \$23.00

107624	Leland CC	8/9	M,Tu,W,Th,F	7:30am- 9:30am
107622	Bauer Drive CC	8/16	M,Tu,W,Th,F	7:30am- 9:30am
107811	Potomac CC	8/23	M,Tu,W,Th,F	7:30am- 9:30am

5 sessions \$28.00

107621	Leland CC	8/9	M,Tu,W,Th,F	3:30pm- 6:00pm
107623	Bauer Drive CC	8/16	M,Tu,W,Th,F	3:30pm- 6:00pm
107812	Potomac CC	8/23	M,Tu,W,Th,F	3:30pm- 6:00pm

Funfit® Summer Fun ★

Ages 3-4: (must be toilet trained at start of program) Let Funfit® entertain your child while you take in some summer-time fun! Drop off the little one for exciting activities including: parachutes, balls, movement, sing-alongs, crafts, and a special carnival day. Bring a snack. Material fee of \$20 due to instructor. No transportation provided. Children must be toilet trained and must be the correct age by the start of the program.

5 Sessions \$88.00

Instructor: Funfit

100721	Quince Orchard Valley NP	6/21	M,W	9:30am-11:30am
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6 Sessions \$105.00

Instructor: Funfit

100722	Quince Orchard Valley NP	6/22	Tu,Th	9:30am-11:30am
100724	Quince Orchard Valley NP	7/12	M,W	9:30am-11:30am

Mini Music Makers ★

Ages 3-5: (must be toilet trained at start of program) Discover and explore musical aspects and concepts in this enjoyable mini school using percussion and melodic instruments. A fun curriculum utilizing traditional and composed songs, rhythm, motor coordination, steady beat, singing, ear training, movement and exposure to folk dances. \$20 material fee due to the instructor. No transportation provided. Children must be toilet trained and 3 by the start of the program. Call 301-951-3626 for more information.

5 Sessions \$88.00

Instructor: Music for Life

101767	Gwendolyn Coffield CC	7/7	W,F,M	9:30am-11:30am
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6 Sessions \$105.00

Instructor: Music for Life

101766	Gwendolyn Coffield CC	6/21	M,W,F	9:30am-11:30am
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101768	Gwendolyn Coffield CC	7/19	M,W,F	9:30am-11:30am
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Art Destinations School ★

Ages 9-14: Make Art Destination your destination for creative fun. Take a magical journey where children of all levels work without pressure on the same project or project of choice. Everyday is a new adventure, discovering new techniques and mediums. New techniques and materials introduced each session, so join us for the morning, afternoon or all day or all summer. Bring a bag lunch or snack and smock. \$38 material fee per session due to instructor at first class. Morning Session: Your destination is the world of crafts. Paint a flower pot, build with clay, or create villages and people out of a variety materials. Create with wood, clay, copper and other materials at your own pace at a variety of craft centers. Afternoon Session: Your destination is the world of fine arts. Explore watercolors, pen and ink, and drawing. Get involved with crafts too; paper making, papermache, embossing and more. Learn the finer techniques of painting or Indian bead weaving, the choices are almost endless. Call 240-777-6870 for Extended Camp and Bus information.

9 Sessions \$158.00

Instructor: Abigail Dion

99967	Wood MS	7/6	Tu,W,Th,F,M	9:00am-12:15pm
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99970	Wood MS	7/6	Tu,W,Th,F,M	12:15pm-3:30pm
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100767	Cabin John MS	7/6	Tu,W,Th,F,M	9:00am-12:15pm
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100770	Cabin John MS	7/6	Tu,W,Th,F,M	12:15pm-3:30pm
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10 Sessions \$175.00

Instructor: Abigail Dion

99966	Wood MS	6/21	M,Tu,W,Th,F	9:00am-12:15pm
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99969	Wood MS	6/21	M,Tu,W,Th,F	12:15pm-3:30pm
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100766	Cabin John MS	6/21	M,Tu,W,Th,F	9:00am-12:15pm
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100769	Cabin John MS	6/21	M,Tu,W,Th,F	12:15pm-3:30pm
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99968	Wood MS	7/19	M,Tu,W,Th,F	9:00am-12:15pm
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99971	Wood MS	7/19	M,Tu,W,Th,F	12:15pm-3:30pm
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100768	Cabin John MS	7/19	M,Tu,W,Th,F	9:00am-12:15pm
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100771	Cabin John MS	7/19	M,Tu,W,Th,F	12:15pm-3:30pm
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Need an additional registration form?

Download one from our website at www.montgomerycountymd.gov/rec

A & A School of DJ's



Take professional DJs, the latest DJ equipment, a great learning environment, and add in eager 12-15 year old youth and you have DJ school. A one of a kind exciting adventure for teens. Through motivational, fun and inspiring lesson plans, students learn hands-on experience from industry professionals in an atmosphere filled with positive reinforcement, peer support, prizes and continuous fun. Students taught all aspects of DJing, including mixing, programming, equipment know how, beat-mixing, scratching and more!

4 Sessions **\$180.00**

Instructor: A & A Entertainment

101676	White Oak MS	7/6	Tu,W,Th,F	9:00am-3:30pm
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5 Sessions **\$230.00**

Instructor: A & A Entertainment

101682	Pyle, Thomas W. MS	6/21	M,Tu,W,Th,F	9:00am-3:30pm
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101674	Sally K Ride ES	6/28	M,Tu,W,Th,F	9:00am-3:30pm
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101677	Pyle, Thomas W. MS	7/12	M,Tu,W,Th,F	9:00am-3:30pm
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101678	Sally K. Ride ES	7/19	M,Tu,W,Th,F	9:00am-3:30pm
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101679	Pyle, Thomas W. MS	7/26	M,Tu,W,Th,F	9:00am-3:30pm
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101680	White Oak MS	8/2	M,Tu,W,Th,F	9:00am-3:30pm
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Baton, Cheerleading, and Poms for Summer



Ages 7-11: Emphasize the spirit of teamwork and friendly competition. Choreographed routines to contemporary music. Enhance poise and develop confidence. Beginner through advanced levels practice basic twirls, marching routines, and dance twirls. Teachers registered with the National Baton Twirling Association. \$14 material fee is payable to instructor on first day to cover T shirt and poms. Batons may be borrowed or may be purchased from the instructor. There will be daily swimming at the Upper County Pool.

5 Sessions **\$130.00**

Instructor: Julianna Duda

100153	Upper County CC	8/9	M,Tu,W,Th,F	9:00am-3:00pm
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See page 20 for Baton classes.

Karate Clinics



Ages 6-12 (must be 6 at the start of program): Diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. Includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, etc. Students grouped by belt level and age where appropriate. Optional exam will be offered for an additional \$25, payable to TKA.

4 Sessions **\$41.00**

Instructor: Company Staff: TKA, Inc.

99888	Parkland MS	6/21	M,Tu,W,Th	9:00am-11:30am
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99889	Parkland MS	6/28	M,Tu,W,Th	9:00am-11:30am
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Fencing School



Introduction to fencing. This two week program will emphasize agility, coordination, basic foil techniques. Materials fee of \$25 required. Equipment provided: foil, mask, and jacket.

9 Sessions **\$125.00**

Instructor: Gitty Mohebban

100068	Martin Luther King SwimC	7/6	Tu,W,Th,F,M	3:30pm-5:30pm
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100067	Martin Luther King SwimC	6/21	M,Tu,W,Th,F	3:30pm-5:30pm
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100073	Matsunaga ES	7/6	Tu,W,Th,F,M	10:00am-12:00pm
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10 Sessions **\$150.00**

Instructor: Gitty Mohebban

100069	Martin Luther King SwimC	7/19	M,Tu,W,Th,F	3:30pm-5:30pm
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100074	Matsunaga ES	7/19	M,Tu,W,Th,F	10:00am-12:00pm
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100070	Martin Luther King SwimC	8/2	M,Tu,W,Th,F	3:30pm-5:30pm
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100075	Matsunaga ES	8/2	M,Tu,W,Th,F	10:00am-12:00pm
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100071	Martin Luther King SwimC	8/16	M,Tu,W,Th,F	3:30pm-5:30pm
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Sailing Schools

Ages 10-16: The 39th year of the safest, highest quality youth sailing schools in the Washington area. US Sailing completion cards are given for successful completion of the class. Fee covers boat rental, use of equipment and life jackets. Optional sailing text available for \$15 from instructor. Students bring lunch in a cooler or purchase food at the marina. Schools meet rain or shine as there is an all-purpose room for use during inclement weather.

Bus transportation is available by Vashaw from the Bethesda YMCA on Old Georgetown Road for \$40 per week. Do Not mail transportation check with your registration. Busing details will be provided on your confirmation. AFTER receipt of confirmation, mail transportation checks to Vashaw Enterprises, Inc. 115 E. Monroe Ave, Alexandria, VA. 22301. Bus departs 8:30am and returns approx. 4:45pm.



Sunfish Sailing



Ages 10-16 Beginning: Covers basic sailing for first time sailors on a 14ft. Sunfish Sailboat (2 students/boat). *Second session-no class on July 4.

5 Sessions **\$200.00**

Instructor: Vashaw Enterprises, Inc.

100151	Washington Sailing Marina	8/2	M,Tu,W,Th,F	9:30am-4:00pm
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Flying Scot Sailing



Ages 10-16: Prerequisite-Sunfish Sailing School. Covers skills on a 19 ft. Flying Scot. Includes boat handling, points of sail, sail trim (mainsail and jib), basic river navigation and terminology. (4-5 students/boat plus instructor).

4 Sessions **\$200.00**

Instructor: Vashaw Enterprises, Inc.

100115	Washington Sailing Marina	7/6	Tu, W, Th, F	9:30am-4:00pm
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5 Sessions **\$250.00**

Instructor: Vashaw Enterprises, Inc.

100113	Washington Sailing Marina	6/21	M,Tu,W,Th,F	9:30am-4:00pm
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100114	Washington Sailing Marina	6/28	M, Tu, W, Th	9:30am-4:00pm
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100116	Washington Sailing Marina	7/12	M,Tu,W,Th,F	9:30am-4:00pm
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100118	Washington Sailing Marina	7/26	M,Tu,W,Th,F	9:30am-4:00pm
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100119	Washington Sailing Marina	8/2	M,Tu,W,Th,F	9:30am-4:00pm
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Sail 'N' Surf



Ages 12-18 (must weigh at least 90 lbs): Prerequisite-Sunfish Sailing completion card. Students will spend half of each day refining sailing skills (Sunfish or Flying Scot depending on availability) and half of the day applying sail and wind knowledge to windsurfing. Space is limited.

5 Sessions **\$250.00**

Instructor: Vashaw Enterprises, Inc.

100138	Washington Sailing Marina	6/28	M,Tu,W,Th,F	9:30am-4:00pm
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100142	Washington Sailing Marina	7/26	M,Tu,W,Th,F	9:30am-4:00pm
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100143	Washington Sailing Marina	8/2	M,Tu,W,Th,F	9:30am-4:00pm
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Sports Conditioning for HS Athletes

Elite Athlete Training Speed School ★

Our staff of professional strength and conditioning coaches will design and implement group training program specifically aimed to improve each athlete's change of direction, first step explosion, and general fitness level. Workouts are approximately 2 hours long and include a supervised warm-up and pre/post stretch to enhance flexibility. The camp is ideal for any high school athlete looking to get that 'edge'; especially those that will be playing a competitive sport (football, soccer or basketball). This course will run 12 sessions, and meet 2 times a week for 6 weeks.

12 Sessions **\$120.00**

Instructor: Alan Stein Elite Athlete Training Systems, Inc.

100167	Johnson, Walter HS	6/21	M, W	6:00pm-7:00pm
101666	Springbrook HS	6/21	M, W	9:00am-10:00am
100166	Northwest HS	6/22	Tu, Th	6:00pm-7:00pm
100168	Whitman, Walt HS	6/22	Tu, Th	9:00am-10:00am

Tennis & Golf

Tennis & Golf School ★

Ages 5-14: Love to Par, Inc. is offering an exciting tennis, golf and swimming program. Learn the basic strokes in tennis and the components of the golf swing, along with a recreational swim time. Classes meet rain or shine. \$65 payable to Love to Par, Inc. includes materials, swim and golf driving range field-trip fees. Please bring the following labeled items: a tennis racquet, bag lunch, hat, snack, sun block, water in a large unbreakable container, \$10 materials fee, \$35 swim fee, labeled swim suit and towel for full-day participants and \$20 golf driving range fieldtrip fee.

Full day session includes instruction for beginner-advanced level players in forehand, backhand, volley and serve with round robin competition; and golf instruction in grip, stance and posture, rules and etiquette and full swing. For half day registrants, the morning session consists of tennis and golf; the afternoon session consists of tennis and swimming.

5 Sessions **\$100.00**

Instructor: Love to Par, Inc.

100085	Germantown CC	8/16	M,Tu,W,Th,F	9:00am-12:00pm
100095	Olney Manor RP	8/16	M,Tu,W,Th,F	9:00am-12:00pm
100100	Olney Manor RP	8/16	M,Tu,W,Th,F	12:30pm-3:30pm

5 Sessions **\$200.00**

Instructor: Love to Par, Inc.

100080	Germantown CC	8/16	M,Tu,W,Th,F	9:00am-3:30pm
100090	Olney Manor RP	8/16	M,Tu,W,Th,F	9:00am-3:30pm
101187	Martin Luther King RP	8/16	M,Tu,W,Th,F	9:00am-3:30pm

9 Sessions **\$175.00**

Instructor: Love to Par, Inc.

100082	Germantown CC	7/6	Tu,W,Th,F,M	9:00am-12:00pm
100092	Olney Manor RP	7/6	Tu,W,Th,F,M	9:00am-12:00pm
100097	Olney Manor RP	7/6	Tu,W,Th,F,M	12:30pm-3:30pm

9 Sessions **\$315.00**

Instructor: Love to Par, Inc.

100077	Germantown CC	7/6	Tu,W,Th,F,M	9:00am-3:30pm
100087	Olney Manor RP	7/6	Tu,W,Th,F,M	9:00am-3:30pm
100102	Martin Luther King RP	7/6	Tu,W,Th,F,M	9:00am-3:30pm
101184	Poolesville HS	7/6	Tu,W,Th,F,M	9:00am-3:30pm

10 Sessions **\$200.00**

Instructor: Love to Par, Inc.

100081	Germantown CC	6/21	M,Tu,W,Th,F	9:00am-12:00pm
100091	Olney Manor RP	6/21	M,Tu,W,Th,F	9:00am-12:00pm
106542	Germantown CC	6/21	M,Tu,W,Th,F	12:30pm-3:30pm
100096	Olney Manor RP	6/21	M,Tu,W,Th,F	12:30pm-3:30pm

100083	Germantown CC	7/19	M,Tu,W,Th,F	9:00am-12:00pm
100093	Olney Manor RP	7/19	M,Tu,W,Th,F	9:00am-12:00pm
100098	Olney Manor RP	7/19	M,Tu,W,Th,F	12:30pm-3:30pm
100084	Germantown CC	8/2	M,Tu,W,Th,F	9:00am-12:00pm
100094	Olney Manor RP	8/2	M,Tu,W,Th,F	9:00am-12:00pm
100099	Olney Manor RP	8/2	M,Tu,W,Th,F	12:30pm-3:30pm
106543	Germantown CC	8/2	M,Tu,W,Th,F	12:30pm-3:30pm

10 Sessions **\$350.00**

Instructor: Love to Par, Inc.

100076	Germantown CC	6/21	M,Tu,W,Th,F	9:00am-3:30pm
100086	Olney Manor RP	6/21	M,Tu,W,Th,F	9:00am-3:30pm
100101	Martin Luther King RP	6/21	M,Tu,W,Th,F	9:00am-3:30pm
101183	Poolesville HS	6/21	M,Tu,W,Th,F	9:00am-3:30pm
100078	Germantown CC	7/19	M,Tu,W,Th,F	9:00am-3:30pm
100088	Olney Manor RP	7/19	M,Tu,W,Th,F	9:00am-3:30pm
100103	Martin Luther King RP	7/19	M,Tu,W,Th,F	9:00am-3:30pm
101185	Poolesville HS	7/19	M,Tu,W,Th,F	9:00am-3:30pm
100079	Germantown CC	8/2	M,Tu,W,Th,F	9:00am-3:30pm
100089	Olney Manor RP	8/2	M,Tu,W,Th,F	9:00am-3:30pm
100104	Martin Luther King RP	8/2	M,Tu,W,Th,F	9:00am-3:30pm
101186	Poolesville HS	8/2	M,Tu,W,Th,F	9:00am-3:30pm

Tennis & Ice Skating School at

Cabin John ★

This program runs 9:00am-12:00pm Tennis, 12:00-12:30pm Lunch, 12:30-2:30pm recreational Ice Skating. Beginner-Intermediate. Professional instructors will provide a balance of instruction and motivational practice. Students must pay \$10 ball fee at the first class. Please bring water in an unbreakable container, a snack, hat and sunblock and a bag lunch. (No refrigeration is available.) Rainy day cancellations are made up in the following session. 12:30-2:30pm ice skating cost is \$60 made payable to Love to Par, Inc. includes skates and entrance fee and once a week a 1 hour lesson. For the 8/16 one-week session the materials fees paid the first day of class is \$30.00 for ice skating and \$5 ball fee payable to Love to Par, Inc.

5 Sessions **\$200.00**

Instructor: Love to Par, Inc.

100109	Cabin John Regional Park	8/16	M,Tu,W,Th,F	9:00am-3:00pm
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9 Sessions **\$315.00**

Instructor: Love to Par, Inc.

100106	Cabin John Regional Park	7/6	Tu,W,Th,F,M	9:00am-3:00pm
100105	Cabin John Regional Park	6/21	M,Tu,W,Th,F	9:00am-3:00pm

10 Sessions **\$350.00**

Instructor: Love to Par, Inc.

100107	Cabin John Regional Park	7/19	M,Tu,W,Th,F	9:00am-3:00pm
100108	Cabin John Regional Park	8/2	M,Tu,W,Th,F	9:00am-3:00pm

Tennis School ★

Beginner and Advanced Beginner: Improve your game with the basics, as well as, serving, placement and controlled hitting. \$10 materials fee due to instructor at the first class.

Beginner/Intermediate: Get your game going and move onto the next level. Build on previous training in ground and service strokes. Students should be knowledgeable in position and scoring and be able to volley and lob. Makeups for rain outs by extending ½ to 1 hour.

10 Sessions **\$130.00**

Instructor: Benjamin Woods

101916	Quince Orchard HS	7/12	M,Tu,W,Th,F	9:30am-12:00pm
101917	Quince Orchard HS	7/12	M,Tu,W,Th,F	12:30pm-3:00pm
101918	Quince Orchard HS	7/26	M,Tu,W,Th,F	9:30am-12:00pm
101919	Quince Orchard HS	7/26	M,Tu,W,Th,F	12:30pm-3:00pm

See pages 23-24 for Tennis and Golf classes.



To Register for Round House Theatre Classes and Programs:

- 1) Checks must be made payable to Round House Theatre
- 2) *By Mail:* Please mail to Round House Theatre Class Registrar, 8641 Colesville Road, Silver Spring, MD 20910
- 3) *By Fax:* 301.585.9696
- 4) *By Phone:* 301.585.1225

****ANY REGISTRATIONS SENT TO MONT. COUNTY REC DEPARTMENT WILL NOT BE PROCESSED****

Summer Programs

ARTS DAY PROGRAM GR. 1-5 Silver Spring/Wheaton: Sligo Middle School, 1401 Dennis Ave. \$350

Potomac/Bethesda: Potomac Elementary School, 10311 River Road

9:00 am-3:00 pm EZ Care: Before Care 7:30 am-9:00 am; After Care 3:00 pm-6:00pm

Session 1: June 21-July 2, 2004

Session 2: July 5-July 16, 2004

Session 3: July 19-July 30, 2004

Session 4: August 2-August 13, 2004

Our signature program. Elementary school students expand their imaginations in exciting and educational activities including music, dance, creative dramatics, and arts and crafts.

SUMMER DESTINATIONS GR. 1-5 Round House Theatre Education, 925 Wayne Ave., Silver Spring \$175

9:00 am-3:00 pm EZ Care: Before Care 7:30 am-9:00 am; After Care 3:00 pm-6:00pm

One-week sessions begin June 21 and each Monday thereafter. Final session begins August 16 and ends August 20.

Terrific week-long program. Each day students explore a new exciting destination through creative dramatics and arts and crafts. Create a new world every day!

There are more than a dozen rotating theme destinations. Sign up for more than one session!

ACT YOUR AGE GR. 6-8 Concord Hill School, 6050 Wisconsin Avenue, Chevy Chase \$700

9:00 am-3:00 pm EZ Care: Before Care 7:30 am-9:00 am; After Care 3:00 pm-6:00pm

June 28-July 23, 2004

Middle School students work with professionals in acting, dance, and music to create a unique musical showcase review comprised of age-appropriate material.

LET'S SHARE SHAKESPEARE GR. 6-8 Round House Theatre Silver Spring, 8641 Colesville Road, Silver Spring \$350

9:00 am-3:00 pm EZ Care: Before Care 7:30 am-9:00 am; After Care 3:00 pm-6:00pm

Session 1: July 5-July 16, 2004

Session 2: August 2-August 13, 2004

One of our most popular programs. Students learn there's more to Shakespeare than they ever suspected. Students develop their own show filled with scenes, soliloquies, and sonnets. A fun and educational introduction to the greatest playwright in the English language.

YOUTH ON STAGE GR. 6-8 Round House Theatre Silver Spring, 8641 Colesville Road, Silver Spring \$350

9:00 am-3:00 pm EZ Care: Before Care 7:30 am-9:00 am; After Care 3:00 pm-6:00pm

Session 1: June 21-July 2, 2004

Session 2: July 19-July 30, 2004

Middle school students work with professionals to create their own show for young audiences. An exciting introduction to building a show from scratch!

IMPROV BREAK GR. 6-8 Round House Theatre Silver Spring, 8641 Colesville Road, Silver Spring \$175

9:00 am-3:00 pm EZ Care: Before Care 7:30 am-9:00 am; After Care 3:00 pm-6:00pm

August 16-August 20, 2004

Using fun, fast-paced improv exercises geared specifically for this age group, students learn to build stories, scenes, and characters in the blink of an eye!

HIGH SCHOOL THEATRE INSTITUTE GR. 9-12 Round House Theatre Bethesda, East-West Highway and Waverly St., Bethesda

9:00 am -3:00 pm

Improvisation: July 5-July 9, 2004

\$175

Audition Boot Camp: July 12-July 16, 2004

\$175

Physical Comedy: July 19-July 23, 2004 (*held at Concord Hill School, 6050 Wisconsin Avenue, Chevy Chase*) \$400

Musical Theatre: July 26-August 6, 2004

\$175

High school students work with professionals to build essential skills. Choose one, two, or all four of the exciting sessions. One of the nation's most extraordinary performers, Mark Jaster, is scheduled to lead the Physical Comedy session. Other exciting professional guest artists to be announced.

THE ACTOR'S CRAFT I & II ADULTS 18+ Round House Theatre Education, 925 Wayne Ave., Silver Spring \$350

Actor's Craft I Mondays and Wednesdays, 7:30 pm-9:30 pm June 28-July 28, 2004

Tuesdays and Thursdays, 7:30 pm-9:30 pm August 3-September 2, 2004

Actor's Craft II Tuesdays and Thursdays, 7:30 pm-9:30pm June 29-July 29, 2004

Mondays and Wednesdays, 7:30 pm-9:30 pm August 2-September 1, 2004

Adult students explore the fundamentals of acting through monologue and scene study, as well as educational and fun theatre games that aid the actor in exploring creative impulses and developing characterizations.

To Register for Round House Theatre Classes:

- 1) Checks must be made payable to Round House Theatre
- 2) *By Mail:* Please mail to Round House Theatre Class Registrar, 8641 Colesville Road, Silver Spring, MD 20910
- 3) *By Fax:* 301.585.9696
- 4) *By Phone:* 301.585.1225

****ANY REGISTRATIONS SENT TO MONTGOMERY COUNTY RECREATION DEPARTMENT WILL NOT BE PROCESSED****



Creative Arts Classes

Summer 2004

Beginning June 21

Classes for Adults, Teens and Children

Germantown Town Center
MD 118 & Middlebrook Road
12901 Town Commons Drive
Germantown, MD 20874

DANCE

MUSIC

THEATER ARTS

VISUAL ARTS

Classes in all
disciplines
for
Homeschoolers

DANCE

Ballet	Tap	
Swing	Salsa	Jazz
Hip Hop	Urban Funk	
Creative Movement		

MUSIC

Voice Guitar

LITERATURE

Poetry-On-Stage

THEATER

Acting
Creative Drama

VISUAL ART

Painting	Collage	Sculpture
Cartooning	Drawing	Mosaics

Classes for Persons with
SPECIAL NEEDS
in Visual Art, Dance, and
Deaf and KODA

EARLY CHILDHOOD PROGRAMS
in Literature, Music, Visual Art, Dance

For more information, call 301-528-2260
or visit us at www.blackrockcenter.org.



Internet Registration

You're only a few clicks away!

You need access to the internet and your Customer Number and Account PIN (Personal Identification Number).

Forgot your account information? Call us at 240-777-6840

If you don't have an account, it's easy to set one up. Go to montgomerycountymd.gov and select the 'Culture & Leisure' tab. Click on 'RecWeb Registration.' Click on the 'Create Account' link and complete the new account form. An account will be created and we will send you an email with your account information needed to logon to RecWeb.

All registrations and all debts owed on your account must be paid for in full at the time of registration.



240-777-8277

Fast and Convenient

Just fill out and sign the form below, and return this page to our office as soon as possible. You can fax it to us at 240-777-6857. We will set up your family as STARline participants and mail you a packet that includes easy to follow complete instructions for registering via STARline.

FAMILY MEMBER INFORMATION FORM: Please list all family members.

Last Name	First Name	Birthdate	Grade	Sex M/F
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: () _____ Work Phone: () _____

When you register for classes using STARline, payment in full must be made by Visa or Mastercard. Access to your account will be via a Personal Identification Number (PIN). This PIN will serve as your electronic signature. Your signature below is an agreement to authorize Montgomery County Department of Recreation to process your payment.

Cardholder/Parent Signature _____

Date _____

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

For more information about RecWeb or STARline, call us at 240-777-6840.
We'll be happy to answer any questions you may have.

Facility Locations

Argyle Local Park-1030 Forest Glen Road, Silver Spring	Gwendolyn Coffield Community Center-2450 Lyttonsville Road, Silver Spring	Potomac Elementary School-10311 River Road, Rockville
Argyle Middle School-2400 Bel Pre Road, Silver Spring	Gymnastics of America, Inc.-602 E Diamond Avenue # A., Gaithersburg	Pyle, Thomas W. Middle School-6311 Wilson Lane, Bethesda
Baker, John T. Middle School-25400 Oak Drive, Damascus	Holiday Park Senior Center-3950 Ferrara Drive, Wheaton	Quince Orchard High School-15800 Quince Orchard Road, Gaithersburg
Bauer Drive Community Center-14625 Bauer Drive, Rockville	Hollywood Ballroom-2126 Industrial Parkway, Silver Spring	Quince Orchard Valley Neighborhood Park-12015 Suffolk Terrace, Gaithersburg
Bells Mill Elementary School-8225 Bells Mill Road, Potomac	Hoover, Herbert Middle School-8810 Post Oak Road, Rockville	Randolph Hills Local Park-11805 Ashley Drive, Silver Spring
Belmont Elementary School-19528 Olney Mill Road, Olney	Indian Spring Terrace Local Park-9717 Lawndale Drive, Silver Spring	Resnik, Judith A. Elementary School-7301 Hadley Farms Drive, Gaithersburg
Bethesda Elementary School-5011 Moorland Lane, Bethesda	Johnson, Walter High School-6400 Rock Spring Drive, Bethesda	Ride, Dr. Sally K. Elementary School-21301 Seneca Crossing Drive, Germantown
Bethesda Pool-Little Falls Parkway, Bethesda	Kemp Mill Elementary School-411 Sisson Street, Silver Spring	Ridge Road Recreational Park-21155 Frederick Road, Germantown
Beverly Farms Elementary School-8501 Post Oak Road, Rockville	Ken-Gar Palisades Local Park-4140 Wexford Drive, Kensington	Rock Creek Regional Park-6700 Needwood Road, Rockville
Black Hill Regional Park-20930 Lake Ridge Drive, Germantown	Key, Francis Scott Middle School-910 Schindler Drive, Silver Spring	Rolling Terrace Elementary School-705 Bayfield Street, Takoma Park
Briggs Chaney Middle School-1901 Rainbow Drive, Silver Spring	Kingsview Middle School-18909 Kingsview Road, Germantown	Rosemary Hills Elementary School-2111 Porter Road, Silver Spring
Broad Acres Elementary School-710 Beacon Road, Silver Spring	Konterra Golf Driving Range-14504 Greenview Drive, Laurel	Ross Boddy Community Center-18529 Brooke Road, Sandy Spring
Brooke Grove Elementary School-2700 Spartan Road, Olney	Laytonville Elementary School-21401 Laytonville Road, Gaithersburg	Schweinhaut Senior Center-1000 Forest Glen Road, Silver Spring
Brookside Gardens-1800 Glenallen Avenue, Wheaton	Leland Community Center-4301 Willow Lane, Chevy Chase	Seneca Valley High School-12700 Middlebrook Road, Germantown
Burning Tree Elementary School-7900 Beach Tree Road, Bethesda	Leland Neighborhood Park-4300 Elm Street, Chevy Chase	Shady Grove Middle School-8100 Midcounty Highway, Gaithersburg
Cabin John Middle School-10701 Gainsborough Road, Potomac	Long Branch Community Center-8700 Piney Branch Road, Silver Spring	Sherwood Elementary School-1401 Olney-Sandy Spring Road, Silver Spring
Cabin John Regional Park-7400 Tuckerman Lane, Rockville	Longwood Community Center-19300 Georgia Avenue, Brookeville	Silver Spring International Middle School-313 Wayne Avenue, Silver Spring
Camp Seneca Local Park-14500 Clopper Road, Boyds	Luxmanor Local Park-6201 Tilden Lane, Potomac	Sligo Middle School-1401 Dennis Avenue, Silver Spring
Capital View-Homewood Local Park-2929 Edgewood Road, Kensington	Lynbrook Local Park-8008 Newdale Drive, Bethesda	Sligo-Dennis Ave. Local Park-10200 Sligo Creek Parkway, Silver Spring
Chevy Chase Elementary School-4015 Rosemary Street, Chevy Chase	MCRD Offices-4010 Randolph Road, Silver Spring	Springbrook High School-201 Valleybrook Drive, Silver Spring
Clara Barton Community Center-7425 MacArthur Boulevard, Cabin John	Martin Luther King Recreational Park-1100 Jackson Road, White Oak	Stedwick Elementary School-10631 Stedwick Road, Gaithersburg
Clarksburg Elementary School-13530 Redgrave Place, Clarksburg	Martin Luther King Swim Center-1206 Jackson Road, Silver Spring	Stone Mill Elementary School-14323 Stonebridge View Drive, Gaithersburg
Clemente, Roberto Middle School-18808 Waring Station Road, Germantown	Matsunaga Elementary School-13902 Broomfield Road, Germantown	Strathmore Elementary School-3200 Beaverwood Lane, Silver Spring
Columbia Local Park-14900 Old Columbia Pike, Burtonsville	Meadowbrook Local Park-7901 Meadowbrook Lane, Chevy Chase	Tilden Middle School-11211 Old Georgetown Road, Rockville
Damascus Elementary School-10201 Bethesda Church Road, Damascus	Montgomery Aquatic Center-5900 Executive Boulevard, N. Bethesda	Tilden Woods Local Park-6800 Tilden Lane, Potomac
Damascus Recreational Park-23723 Kings Valley Road, Damascus	Neelsville Middle School-11700 Neelsville Church Road, Germantown	Upper County Community Center-8201 Emory Grove Road, Gaithersburg
Darnestown Elementary School-15030 Turkey Foot Road, Gaithersburg	New Hampshire Estates Elementary School-8720 Carroll Avenue, Sandy Spring	Upper County Pool-8211 Emory Grove Road, Gaithersburg
DuFief Elementary School-15001 DuFief Drive, Gaithersburg	Norbeck-Muncaster Mill Neighborhood Park-4101 Muncaster Mill Road, Norbeck	Veirs Mill Local Park-4425 Garrett Park Road, Wheaton
East County Community Center-3310 Gateshead Manor Way, Silver Spring	North Bethesda Middle School-8935 Bradmoor Street, Bethesda	Washington Sailing Marina-George Washington Parkway, Alexandria, VA
East Silver Spring Elementary School-631 Silver Spring Avenue, Silver Spring	North Chevy Chase Local Park-4105 Jones Bridge Road, Chevy Chase	Weller Road Elementary School-3301 Weller Road, Silver Spring
Fairland Center-13313 Old Columbia Pike, Silver Spring	Northwest Golf Course- Silver Spring	Westover Elementary School-401 Hawkesbury Lane, Silver Spring
Fairland Community Center-14906 Old Columbia Pike, Burtonsville	Northwest High School-13501 Richter Farm Road, Germantown	Wheaton Community Center-11711 Georgia Avenue, Wheaton
Gaithersburg High School-314 South Frederick Avenue, Gaithersburg	Olney Manor Recreational Park-16601 Georgia Avenue, Olney	Wheaton High School-12601 Dalewood Drive, Wheaton
Gaithersburg Middle School-2 Teachers' Way, Gaithersburg	Olney Swim Center-16601 Georgia Avenue, Olney	Wheaton Regional Library-11701 Georgia Avenue, Wheaton
Germantown Community Center-18905 Kingsview Drive, Germantown	Parkland Middle School-4610 West Frankford Drive, Rockville	Wheaton-Claridge Local Park-11901 Claridge Road, Wheaton
Germantown Elementary School-19110 Germantown-Darnestown Road, Germantown	Parks, Rosa Middle School-19200 Olney Mill Road, Olney	White Oak Middle School-12201 New Hampshire Avenue, Silver Spring
Germantown Pool-18905 Kings View Drive, Germantown	Pilgrim Hills Local Park-1615 E Randolph Road, Colesville	Whitman, Walt High School-7100 Whittier Boulevard, Bethesda
Glenmont Local Park-3201 Randolph Road, Wheaton	Pinecrest Local Park-301 St. Lawrence Drive, Silver Spring	Wood Middle School-14615 Bauer DR, Rockville
Good Hope Community Center-14715 Good Hope Road, Silver Spring	Plum Gar Community Center-19561 Scenery Drive, Germantown	
Greencastle Elementary School-13611 Robey Road, Silver Spring	Poolesville High School-7501 Willard Road, Poolesville	
	Potomac Community Center-11315 Falls Road, Potomac	

TBA=to be announced

A Penny for your Thoughts...



The Montgomery County Department of Recreation strives to provide high quality leisure and recreational programs, services and facilities. Please take a few minutes and answer the following questions. We are genuinely interested in your experiences and appreciate your participation in our programs. Your comments will help us continue to improve our courses and programs and services by sharing your thoughts and comments.

Survey completed by:

☐ Participant ☐ Parent/Guardian

Course/Program/Activity Information

Course/Program/Activity _____

Instructor/Leader/Coach _____

Facility _____

Day/Time _____ Season/Year _____ Participant's Age _____

Participant's Experience

Check the reasons why you registered for this course/program.

- ☐ Location ☐ Instructor
☐ Day ☐ Content
☐ Fair value ☐ Uniqueness
☐ Socialization ☐ Skill development
☐ Other _____

Did the program/course/activity meet your needs/expectations?

☐ Yes ☐ No

Did the program/course/activity contribute to your well being?

☐ Yes ☐ No

Did the program/course/activity meet your safety expectations?

☐ Yes ☐ No

Was the location convenient?

☐ Yes ☐ No

Was the time convenient?

☐ Yes ☐ No

Was the length adequate?

☐ Yes ☐ No

Was the price fair and reasonable?

☐ Yes ☐ No

Would you recommend this program/course/activity to a friend?

☐ Yes ☐ No

Rate your overall experience:

- ☐ Exceeded Expectation
☐ Met Expectation
☐ Below Expectation

What suggestions do you have for new courses/programs/activities?

Comments: _____

Instructor/Leader/Coach Rating

Did he/she meet your expectations?

☐ Yes ☐ No

Was he/she knowledgeable?

☐ Yes ☐ No

Was the presentation clear and well organized?

☐ Yes ☐ No

Were effective instructional techniques used?

☐ Yes ☐ No

Was he/she on time?

☐ Yes ☐ No

Would you attend another course/program/activity with this instructor/leader/coach?

☐ Yes ☐ No

Comments: _____

Facility Rating (Check one for each criterion)

	Met Expectation	Below Expectation	Not Applicable
Welcoming environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cleanliness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Open on time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Restroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lighting inside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lighting outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Facility/desk staff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accessible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Program/Course Publicity Rating

Was the publicity: Clear ☐ Yes ☐ No
Informative ☐ Yes ☐ No
Timely ☐ Yes ☐ No

How did you find out about the course/program/activity?

- ☐ Flyer/brochure/newsletter ☐ Website
☐ TV/Cable ☐ Friend
☐ Guide to Recreation & Leisure
☐ Previous participation
☐ Newspaper: (Name) _____
☐ Other: _____

Registration Method Used

Check the method you used to register

- ☐ Mail ☐ RecWeb
☐ Starline ☐ Walk-In
☐ Other _____

Have you visited our Website?

☐ Yes ☐ No

Contact

If you would like a response to your comments, please print your name, daytime phone and/or email address here.

Name _____

Daytime Phone _____

Email Address _____

Mail To: Department of Department of Recreation
Affiliated Services
4010 Randolph Road
Silver Spring, MD 20902-1099

Fax To: 240-777-6913

We Rent for Your Event

Celebrate that special occasion in one of our Community Recreation Centers

Rent our facilities and join your friends and family for:

- Birthday Parties
- After Prom Dances
- Wedding Receptions
- Anniversaries
- Bar/Bat Mitzvahs
- Retirement Parties
- Cultural Celebrations
- Meetings



Transform a room with mirrors into a fantasy land with lights and props or an elegant reception area with fresh flowers and garland. You are limited only by imagination and creativity.



Rent these Special Spaces for Special Events...

- Gymnasiums
- Social Halls
- Art Rooms
- Conference Rooms
- Lounges

Contact one of our Community Centers listed on page 39.

Check out a center from home:

Virtual Tours of our centers are available online at www.montgomerycountymd.gov/rec under *Locations*



Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

Bethesda-Chevy Chase **301-983-4467**
Bethesda, Chevy Chase, Potomac
11315 Falls Road, Potomac

East County **240-777-4980**
Briggs Chaney, Burtonsville, Fairland, NE Silver Spring
14906 Old Columbia Pike, Burtonsville

Mid-County **240-777-4930**
Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville
4010 Randolph Road, Silver Spring

Silver Spring **240-777-4900**
Silver Spring, Takoma Park
2450 Lyttonsville Road, Silver Spring

Upcounty **240-777-6940**
Upper Montgomery County, Montgomery Village,
Damascus, Darnestown, Redland, Poolesville,
Dufief/Travilah
12900 Middlebrook Road, Germantown



The Ryukyu Koku Matsuri Daiko USA Okinawa drum dancing group perform for patrons at the Scotland Community Center.

Recreation Department Advisory Board

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to County Executive Douglas M. Duncan, Executive Office Building, 101 Monroe Street, Rockville, Maryland 20850.

Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages.

Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room.

Rooms of various sizes at the CRCs are also available for rentals. Call for specific hours and availability.

Clara Barton Community Center **301-229-0010**
7425 MacArthur Boulevard, Cabin John

Bauer Drive Community Center **301-468-4015**
14625 Bauer Drive, Rockville

Ross J. Boddy Community Center **301-570-1204**
18529 Brooke Road, Sandy Spring

Gwendolyn E. Coffield Community Center **240-777-4900**
2450 Lyttonsville Road, Silver Spring

Damascus Community Center (coming soon)
25520 Oak Drive, Damascus

East County Community Center **301-572-7004**
3310 Gateshead Manor Way, Silver Spring

Fairland Community Recreation Center **240-777-4970**
14906 Old Columbia Pike, Burtonsville

Germantown Community Center **301-601-1680**
18905 Kingsview Road, Germantown

Charles W. Gilchrist Center for Cultural Diversity **240-777-4940**
11319 Elkin Street, Wheaton

Good Hope Community Center **301-989-1210**
14715 Good Hope Road, Silver Spring

Leland Community Center **301-652-2249**
4301 Willow Lane, Chevy Chase

Long Branch Community Center **301-431-5702**
8700 Piney Branch Road, Silver Spring

Longwood Community Center **301-570-1200**
19300 Georgia Avenue, Brookeville

Plum Gar Community Center **301-601-0966**
19561 Scenery Drive, Germantown

Potomac Community Center **301-983-4471**
11315 Falls Road, Potomac

Scotland Community Center **301-983-4455**
7700 Scotland Drive, Potomac

Upper County Community Center **301-840-2469**
8201 Emory Grove Road, Gaithersburg

Wheaton Community Center **301-929-5500**
11711 Georgia Avenue, Wheaton

Aquatic Centers: See page 6.

Senior Centers: See page 4.

REGISTRATION INFORMATION

Five Ways to Register



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>. Internet users must pay their account in full. If you need additional information, call 240-777-6840.



STARline members may register by using our telephone automated registration system. To become a STARline member, complete the application on page 39. STARline users must pay their account in full. STARline registration number is 240-777-8277.



Fax 240-777-6857

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



Mail or drop off:

Montgomery County Recreation Department
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099



Full Service in person:

Montgomery County Recreation Department
Administrative Office
4010 Randolph Road
Silver Spring, MD 20902-1099
Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 43).

VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.

- Financial assistance is available to county residents who qualify based on annual income and number of dependents. Verifiable proof of income (Federal Income Tax Form 1040EZ, 1040A, 1040, or Social Security Income Statement) must be provided. Financial assistance information and application form may be picked up at any recreation office, community center, or swim center, or call 240-777-6840; or through the internet: montgomerycountymd.gov/rec.
- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Withdrawal Policy

This withdrawal policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement. You may elect to receive a credit on your Recreation account for future programs or a refund which may be subject to a withdrawal fee equal to 20% of the program cost.

- If your written withdrawal request is received more than seven days before the start date of the program, you will receive a full credit to your Recreation account. A refund of your credit is subject to a fee equal to 20% of the program cost.
- If your written withdrawal request is received seven days or less before the start date of the program, you will be charged a withdrawal fee equal to 20% of the program cost for a credit or a refund.
- If your written request is received on or after the start date of the program, your credit will be pro-rated based on the date the request is received in addition to the 20% withdrawal fee. No credit is given for previous program days missed. No withdrawal requests will be considered after the last scheduled date of the program.
- If the Department cancels a program, changes a location or time and you can not attend, or the program is full, you will receive a full credit or refund.
- You may process your own withdrawal online more than seven days before the start date of the program (no withdrawal fees). This is available at recweb.montgomerycountymd.gov.

Mail your written withdrawal request to Montgomery County Recreation Department, Attention: Refund Request, 4010 Randolph Road, Silver Spring, MD 20902; or fax to 240-777-6857; or email to rec.refund@montgomerycountymd.gov. This request must include the participant's name, payer's name, address, phone number, course number, reason for withdrawal, and specify credit or refund.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Registration Confirmation

Confirmations will be mailed as registrations are processed. If you do not receive your confirmation, call 240-777-6840. A waiting list notification will be sent to you if you do not get placed.

Payment Information

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, above.)
- Non-county residents must pay an additional \$10.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name.

Registration Form

☐ Check here if new address/phone/email. **Please print.** This form may be duplicated.

PAYER'S: Last Name _____ First Name _____ Email _____
Address _____ City _____ State _____ Zip _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____

PARTICIPANT'S: Address _____ City _____ State _____ Zip _____
(if under 18 years) Mother's Name _____ Email _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____
Father's Name _____ Email _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____

Participant's Name (last, first)	Birthdate mm/dd/yy	Sex m/f	School Attending	Grade	Activity Name	Course Number	Location	Start Date	Start Time	Fees*

*If you are a non-resident, include an additional \$10.00 per participant in the fee for each activity.

☐ Check or Money Order payable to MCRD, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902. Total Amount Due: \$

☐ Master Card ☐ Visa Card No. _____ Expiration Date _____

CARDHOLDER: Name (print) _____ Signature _____ Date _____

If paying by credit card, you may **fax** your registration form to **240-777-6857**. If you need help completing this form, please call 240-777-6840.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature _____ Date _____

You are cordially invited to the

Grand Opening Ceremony for the Martin Luther King, Jr. Outdoor Pool

Saturday, May 29, 2004, 1:00 pm

Ceremony events include:

- Official Pool dedication by Douglas M. Duncan,
County Executive
- Open House
- Free swimming
- Free ice cream
- Free kids' sunglasses

Check out the features of this new Outdoor swim complex:

- Large main pool
- Separate tot pool
- Great leisure pool with slides and water play features
- And even a "Lazy River" to float away the summer days
on your inner tube



Stop by and pick up information on our individual and family swim passes so you and your family can enjoy this great pool all summer long!

**See you May 29th at the
Martin Luther King, Jr. Outdoor Pool!**

1201 Jackson Lane
Silver Spring, MD

**For more information call
240-777-6860.**